

Bell Trace Newsletter

November 2015

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November Birthdays

Barbara Light	3rd
Carolyn Lowe	4th
Roberta Wysong	4th
Mary Alice Crable	9th
Gerry Suttles	11th
Norma Schlesinger	11th
Lou Atkinson	11th
Aleen Krebs	12th
Annette Keefe	12th
Hyla Cecil	17th
Mid Blackburn	22nd
Bernie Waters	24th
Peggy Wiley	26th
Bill Beheler	29th

Birthday Party

*Friday, November 6
2:00 p.m., The Commons*

All residents are invited to celebrate those whose birthdays fall within the month. We'll have cake, ice cream, balloons, and a song!

Welcome New Residents

Lyla Kimball CU 507

Herschel and Evelyn Lentz Apt. 226

Ruth Rusie Apt. 209

From the Desk of Joy Harter



Let's Talk About LifeSpan Home Health Nursing and Attendant Services!

Did you know that Bell Trace Senior Living Community has its very own home health agency and attendant services owned by CarDon & Associates, the same parent company for Bell Trace?! Well, it's true!

LifeSpan Home Health LLC, located right here on the Bell Trace property, with offices on the third floor of Big Bell, is proud to offer all IL and AL residents the convenience of home health and PSA attendant services from familiar faces you already know from the Bell Trace campus.

You may be asking what LifeSpan Home Health has to offer in the way of services. LifeSpan Home Health is an Indiana state licensed agency that can provide visiting nurse services to residents as well as provide caregivers and attendants to assist with a wide variety of tasks in your own home.

LifeSpan Nurses can assist with medication management, diabetic management, assessment of vital signs (blood pressure, pulse, temperature, respiration), wound care, injections, etc.

LifeSpan attendants can assist with the following:

Bathing	Bed-time Assistance
Companionship	Light Housekeeping
Dressing	Meal Preparation
Errands	Medication Assistance
Escort to Meals, Activities	Move-in or Move-out Assistance
Household Organizing	Seasonal Decorating
Pet Care & Dog Walking	Plant Care
Walking	Personalized Shopping
Transportation	Hygiene

Come meet the staff of LifeSpan Home Health and learn more about services at our LifeSpan Open House on Thursday, November 5 from 2—4 pm in the Community Room on the Lower Level. Please stop by for refreshments and to get your name in the drawing for one hour of free Personal Attendant service!

If you have questions about LifeSpan Home Health, we have the answers. If you are interested in what we can do for you, please contact RN Administrator Brandy Kluesner at 332-2355, extension 256.

Resident Services

Home Health Services at Bell Trace

During November, the home care community honors the millions of home care aides and attendants who make a remarkable difference for the patients and families they serve. These heroic caregivers play a central role in our health care system and in homes across the nation. To recognize their efforts, we call upon all Americans to commemorate the power of caring by saying thank you for these valuable people.

Home Care Aide and Attendant Week takes place this year on November 9—13, 2015, and LifeSpan Home Health Care and Personal Services will celebrate this week by paying tribute to these wonderful people with a special gift. Their contributions are second to none as they bring personal warmth to the daily work of giving personal care. They play an invaluable role for their patients as caregivers, companions, and friends. From our hearts we say thank you!

Ashley Bradbury HHA
Bree Shea HHA
Carmen Tirado PSA
Charlotte Clevenger HHA
Chelsea Sarnecki HHA
Chris Wright PSA
Danielle Hobbs PSA
Dee Fishwick PSA
Emily Greenland PSA
Heather Gillam HHA
Karen Prather PSA
Karlee Abner HHA
Kayla Goodpaster HHA
Lindsay Welch PSA
Melissa Brummett PSA
Michelle Collier HHA
Nathan Vincent PSA
Rachel Leach PSA
Rita Porter HHA
Sara Britton HHA
Susie Mauder HHA
Vickie Woods HHA
Wesley Spieth PSA

Wellness Checks

Blood Pressure Clinic

Tuesdays, 9:30—10:00 a.m.
2nd Floor Game Tables

Hearing Aid Checks & Cleaning

Wednesday, November 11, 3:30—4:30 p.m.
Private Dining Room

Podiatrist Visit

Assisted Living Residents

Wednesday, November 25, 8:30—10:00 a.m.
Sunroom

Independent Living Residents

Wednesday, November 25, 10:00—12:00 p.m.
2nd Floor Lounge



Please sign up for a time slot in the Activity Book in the Mail Room

Massage [\$]

Massages are available on Tuesdays. Please be sure to provide your phone number 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. When you sign up, please make sure to include your phone number, so that Lisa can contact you.

Support Groups

Family Support Group

Saturday, November 14, 2:00 p.m., Sunroom

Parkinson's Support Group

Friday, November 27, 1:30 p.m., Chapel

Resident Services

Medical Transportation

Bell Trace will continue to offer 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 for transportation at least 24 hours before your appointment. Transportation reservations made with less than 24-hour notice are not guaranteed.

If you use a wheelchair transportation system we can assist you in scheduling your transportation if needed. Bell Trace will cover the cost for those trips as long as they are on a Tuesday or Thursday. If you have medical transportation needs on other days, please contact Leisa McClure at extension 208.

Bell Trace Beauty & Barber Shop

Located on the Lower Level, The Barber Shop / Beauty Salon is open Tuesday through Friday from 9:00 a.m.—3:00 p.m. Stop in or call for an appointment. Phone: 812-332-2355 ext. 218.

Dry Cleaning Service

Crosstown Cleaners will pick up your dry cleaning and deliver it back to your door on Monday, Tuesday, Thursday, and Friday.

A \$2.00 delivery charge will be added to your dry cleaning bill. Phone: 812-333-6600.

Get Smart Technology Assistance

We are here to help you with problems or questions you may have regarding your cell phone, computer, tablet, etc.

Please contact either Melissa Davis or Julie Hill to schedule one-on-one help.

Banking Hours

First Financial Bank will continue to offer a courier service for their customers on Tuesdays, Thursdays, and Fridays. A bank representative will pick up transactions from the locked bank box outside the 2nd Floor Lounge at 10:00 a.m. and will return with a receipt between 2:00 and 3:00 p.m. (Tuesdays and Thursdays only).

Representatives from First Financial will be available on Tuesdays from 1:30—3:00 p.m. in the Bistro Alcove to meet with customers and answer questions.

Monroe County Library

Bookmobile Visit

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

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.**

Give and Take Day

Tuesday, November 3, 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. Whatever is left at the end of the day will be taken to Opportunity House. Cold weather items such as hats, gloves, socks, and coats will be donated to the homeless shelter.



Volunteers

We appreciate you!

Resident Services

Resident Committee Meetings

Resident Council

Tuesday, Nov. 3, 1:30 p.m., The Commons
All are welcome!

Hospitality Committee

Wednesday, Nov. 11, 2:30 p.m., Community Room

Library Committee

Friday, Nov. 20, 1:30 p.m., Library

Newcomers Meeting

Tuesday, Nov. 17, 1:30 p.m., Community Room

Garden Committee

Fridays, 9:00 a.m., Sunroom

Chats with Joy

Join Joy Harter, the Executive Director of Bell Trace, to share your ideas and concerns regarding your experience living at Bell Trace.

Activities Chat with Joy, Julie, and Melissa

Wednesday, November 4, 3:30 p.m., The Commons

Assisted Living Chat with Joy

Monday, Nov. 16, 4:00 p.m., Sunroom

Apartment Chat with Joy

Wednesday, Nov. 18, 4:00 p.m., The Commons

Cottage Chat with Joy

Tuesday, Nov. 24, 10:00 a.m., The Commons

Religious Services

Church Services

Sundays, 4:00 p.m., Chapel

This is a nondenominational service conducted by our Chaplain Kurt Messick. Come to the Private Dining Room at 3:30 p.m. for fellowship and coffee.

Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

Catholic Service

Fridays, 11:00 a.m., Chapel

Life Enrichment

Discussions

Coffee and Conversation

Tuesdays and Thursdays, 8:00 – 11:00 a.m.,
Bistro Alcove

Every Tuesday and Thursday morning, enjoy a cup of coffee or tea with a selection of flavored creamers and donuts. This is a great chance to sit and chat with friends or to get to know other residents.

Lunch with Rabbi Besser [\$]

Tuesday, November 10, 11:30 a.m., Bistro

Book Discussion Group

Sunday, November 15, 2:00 p.m., Library

Have you read a good book recently? Do you need suggestions for a book to read? Drop in on the Book Discussion Group to talk about engaging literature.

Word Talk

Tuesdays, 11:00 a.m. – 12:00 p.m., Sunroom

Current Events

Thursdays, 11:00 a.m. – 12:00 p.m., Sunroom

Deep Listening

Monday, November 9, 7:00 – 9:00 p.m.,
Sunroom

Monday, November 23, 7:00 – 9:00 p.m.,
Sunroom

Bible Study

Saturdays, 10:30 a.m., 3rd Floor Lounge

COMING IN JANUARY

Bell Trace will partner with WTIU to present a special airing of the PBS documentary “Being Mortal: Medicine and What Matters in the End” based on Atul Gawande’s best selling book. We will host a intergenerational discussion immediately following the film.

Life Enrichment

Special In-House Events

Musical Events

Saxophone Concert

Sunday, Nov. 1, 2:00 p.m., The Commons

Music with Matt

Monday, Nov. 2, 7:00 p.m., Front Lobby

Gary Wittlich Piano Performance

Wednesday, Nov. 11, 3:30 p.m., The Commons

Dawn Evans' Students Piano Recital

Sunday, Nov. 15, 5:00 p.m., The Commons

The Newmans Play Music

Wednesday, Nov. 18, 3:00 p.m., The Commons

Bloomington Peace Choir Performance

Wednesday, Nov. 18, 7 or 8 p.m., The Commons

Doug Haise Plays Ragtime

Wednesday, Nov. 25, 1:30 p.m., The Commons

Other Events

LifeSpan Home Health Open House

Thursday, Nov. 5, 2:00—4:00 p.m., Community Room

Roll and Stroll Wrap Party

Thursday, Nov. 5, 6:00—7:00 p.m., Sunroom

Prims & Prose, Art Exhibit Opening

Friday, November 6, 4:00—5:30 p.m., Gallery

"Art Along the Silk Road" Presentation by IU Central Eurasian Studies

Friday, Nov. 13, 3:00 p.m., The Commons

Pet Visit with Kanika

Friday, Nov. 13, 1:45 – 2:45 p.m., A.L. Hallways and Front Lobby

If you would like a visit from Kanika, please open your door and she will come spend time with you.

Holidays and Celebrations

November Birthday Party

Friday, Nov. 6, 2:00 p.m., The Commons

All residents are invited to come down and celebrate those whose birthdays fall within the month. We always have cake, ice cream, balloons, and a song.

Come down at 1:30 p.m. and do a little chair dancing

Veteran's Day Service with Kurt Messick

Wednesday, November 11, 9:00 a.m., Chapel

Thanksgiving

Thursday, November 26, 2015

A special **Thanksgiving Brunch** will be served in the Bistro Dining Room from 11:00 a.m. to 1:30 p.m. Please make your reservation with Cris Jones no later than Sunday, November 22.

Our Friend Bruce Nelson will celebrate his 100th birthday on November 13, 2015.

Cards may be sent to Bruce at his daughter's address:
Nancy Nelson
3420 Ashwood Drive
Bloomington, IN 47401

HOLIDAY GIVING

Monroe County United Ministries is holding its annual Holiday Food Drive.

There will be a collection site in the Mail Room from November 9th through November 20th.

Look for flyers throughout the building that specify the type of items that are most needed this year.

Arts Programming

Arts & Crafts

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

We will continue painting with water color and making cards. If you have been wanting to get involved in the arts classes, this is a great time to start. We make painting easy.

Collage Art

Fridays, 2:00—3:00 p.m., Sunroom

Collage is a technique where the artwork is made from an assemblage of different forms and images. We will primarily use magazine images for creating this wonderful and intriguing art form.

Fiber Arts

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

This circle is for anyone who appreciates things made by hand. Bring your hand projects or just bring yourself! All are welcome.

Creative Writing

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

This group is all about interactive discussion. We review the prose and poetry of professionals and we listen to the prose and poetry of our peers. We provide a safe space for writers to both create and critique.

Ukulele Practice

Thursdays, 4:00—5:30 p.m., The Commons

International Folk Dancing

Thursday, Nov. 12, 7:30 – 9:00 p.m., Lower Level

Bloomington Peace Choir Rehearsal

Wednesdays, 7:00—9:00 p.m., The Commons

The Bloomington Peace Choir is a community choir open to anyone who loves to sing. Bell Trace residents can join the choir for free. If you don't feel like singing just come down and listen. All are welcome!

Games and Trivia

Trivia

Mondays, 1:00—1:30 p.m., Front Lobby
Thursdays, 1:00—2:00 p.m., Front Lobby

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

Bingo [\$]

Mondays, 3:00—4:30 p.m., Community Room
Saturdays, 3:00—4:00 p.m., Community Room

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

Dominoes

Wednesdays, 1:30—2:30 p.m., Community Room

The group plays Mexican Train Dominoes, a game that takes a combination of luck and skill. If you do not know how to play—don't worry! You can learn on the spot from one of our patient domino players.

Scrabble

Tuesdays, 2:30—3:30 p.m., Sunroom

Euchre & Game Night with APO IU Students

Fridays, 6:30 - 8:30 p.m., The Commons

Students from IU are on hand to play your favorite games, Euchre, Bananagrams, billiards, and more,. Bring a game, sit in on a game, or just come down and chat.

Euchre, Anyone?

If you are interested in playing Euchre throughout the week, please see Melissa or Julie. We will create a list of people who like to play.

Lifelong Learning Classes

Science with Melissa—"The Universe"

Friday, November 20, 3:00 p.m., Chapel

"7 Wonders of the Solar System",
Take an exhilarating, unprecedented exploration of the seven most amazing wonders of our solar system. Our virtual tour begins with a trip to Enceladus, one of Saturn's outer moons, where icy geysers spout from its surface. Then venture to Saturn's famous rings, which contain mountain ranges that rival the Alps. Next dive into the eye of the biggest storm in the solar system—Jupiter's Great Red Spot. Soar through the Asteroid Belt, containing millions of leftover rocks from the formation of the solar system. Trek up Mount Olympus, the largest volcano, located on Mars. Have a close encounter with the searing surface of the sun, and finish the journey by exploring our home planet Earth.

History with Kurt—"Liberty"

Thursdays, 3:30—4:30 p.m., Chapel

Liberty! The American Revolution is a six-hour documentary miniseries about the Revolutionary War, and the instigating factors, that brought about the United States' independence from the Kingdom of Great Britain.

Ivy Tech's History Tuesday

Ancient Rome: From Republic to Empire [\$24]

Tuesdays, 10/20/15—12/1/15

(no class on 11/24/15)

1:30—3:00 p.m., Chapel

Long before the Game of Thrones, there was the real world battle for empire as the Roman republic transformed into the Roman Empire. In this class we will explore the period from the reforms of Marius through the establishment of the Empire under Augustus Caesar and all of the politics and battles of the civil wars in between.

On The Big Screen

Saturday Movie Matinee

We will show episodes from the "Lost Cities" series, focusing on ancient mysteries.

Saturdays, 1:00 p.m., 3rd Floor Lounge

Saturday Night at the Movies

If there is a particular movie that you want to see please let Melissa, Kurt or Julie know.

"Leap of Faith"

Saturday, November 7, 7:00 p.m., Chapel

"Secretariat"

Saturday, November 14, 7:00 p.m., Chapel

"A River Runs Through It"

Saturday, November 21, 7:00 p.m., Chapel

"The Devil Wears Prada"

Saturday, November 28, 7:00 p.m., Chapel

Sunday Movie Matinee

The Sunday Matinee is resident driven—all titles are chosen by residents.

"The Ghost and Mrs. Muir"

Sunday, November 1, 1:30 p.m., 3rd Fl. Lounge

"Laura"

Sunday, November 8, 1:30 p.m., 3rd Fl. Lounge

"Leave Her to Heaven"

Sunday, November 15, 1:30 p.m., 3rd Fl. Lounge

"Rowan and Martin's Laugh-In, Part 1"

Sunday, November 22, 1:30 p.m., 3rd Fl. Lounge

"Rowan and Martin's Laugh-In, Part 2"

Sunday, November 29, 1:30 p.m., 3rd Fl. Lounge

Exercise and Wellness Activities

Move & Groove Chair Dancing

Friday, November 6, 1:30 p.m., The Commons

Come early to the Birthday Party and do a little chair dancing. We'll end the session with a cake walk.

Intermediate Exercise

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

Advanced Exercise

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

Mind, Body, Spirit Connection

Tues. and Thurs., 10:00—11:00 a.m., Chapel

This session involves a little chair yoga, deep breathing, adaptive Tai Chi movements and a guided visual meditation.

Balance Class [\$]

Tuesday, and Thursday Nov. 3-19
3:00—4:00 p.m., The Commons

Please note that classes end the week of Thanksgiving. The next series of classes will begin next semester in January.

Chair Yoga

Saturdays, 11:00 a.m., Chapel

Exercise Equipment

The Exercise Room is located on the Lower Level and is open for use at any time. Residents need to read and sign the consent form before using the equipment. Training on how to properly use the equipment is available. Please check with the Therapy Department.

Service Learning Project

Roll and Stroll

Tuesday, Nov. 3, 6:00—7:00 p.m.
Assisted Living Café/Sunroom

Roll and Stroll Wrap

Thursday, Nov. 5, 6:00—7:00 p.m.
The Commons

All Residents, their families and students are invited to attend the Roll and Stroll Wrap Party.

Your input is valuable as we plan to do the program again next semester starting in January.

Recycling at Bell Trace – the Next Chapter!

Bell Trace is pleased to announce that starting sometime in November 2015, residents will be able to recycle more than just newspaper and aluminum cans! We are in the process of making arrangements with Republic Services to place large recycling totes in designated areas where you may place recycled items. Residents will be able to recycle the following items, without having to sort those items!

Items that Can Be Recycled

- Plastic containers and bottles
- Metal cans—aluminum, tin, and steel
- Glass bottles and jars
- Newspapers, magazines, catalogs, office paper
- Cardboard
- Plastic grocery bags (with nothing in them)

Detailed information on the Bell Trace Recycling Guidelines will be distributed to everyone's in-house mailbox. There will be separate instruction sheets for apartment and cottage residents. Please acquaint yourself well with these guidelines. If you have any questions, please let us know!

Life Enrichment

Open to the Public

The following activities are open to the general public.

Monday

Duplicate Bridge [\$]

Tuesday

Mind Body Spirit Connection

Balance Class

Ivy Tech Classes

Wednesday

Bloomington Peace Choir [\$]

Thursday

Mind Body Spirit Connection

Active Aging Coalition Luncheons

Get Smart Lecture Series

Beginning Ukulele

Folk Dancing

Duplicate Bridge [\$]

All musical performances & lectures series that are offered on site are also open to the general public. Please note that all trips and outings are for residents and their invited guests only.

New Procedure for Signing up Friends and Family for Outings

If there is room on the bus, we are more than happy to give your friends or family members a ride to events; however, they must sign up under the "Stand By" section so that Bell Trace residents get priority.

Keep in mind that family and friends are not guaranteed a seat, but they may ride the bus if there is room at the time of departure.

Thank you for your understanding.

Out & About

Shopping Transportation

Please sign up with your destination in the Mail Room. We will take you to a maximum of two different locations on any one shopping trip. Please remember to limit your purchases to two bags.

Eastside Shopping

Mondays, Depart at 10:00 a.m.

Wednesdays, Depart at 2:00 p.m.

Please note that we will no longer be offering regular Eastside Grocery shopping on Fridays. Instead we will expand shopping opportunities to include downtown and the west side of Bloomington.

Downtown and West Side Shopping

Friday, November 6, Depart at 10:00 a.m.

Bloomington Farmers' Market

Saturday, November 7, Depart at 10:00 a.m.

Saturday, November 21, Depart at 10:00 a.m.

Dining Out

Lunch Excursions [\$]

A minimum of four residents is required for all dining out excursions. See menus in the Mail Room.

Opie Taylor's

Wednesday, Nov. 4, Depart at 11:15 a.m.

Fairfax Inn

Wednesday, Nov. 11, Depart at 11:15 a.m.

Men's Lunch Excursion [\$]

A time for the men to gather and have some time to themselves.

O'Charley's

Wednesday, Nov. 18, Depart at 11:15 a.m.

Musical Performances

Joseph Swensen and Friends Violin and Piano Faculty/Student Recital at Auer Hall

Sunday, November 1, Depart at 3:30 p.m.

Pat Harbison Jazz Ensemble at The MAC

Monday, November 2, Depart at 7:30 p.m.

Edmund Battersby, Piano Faculty Recital at Auer Hall

Monday, November 2, Depart at 7:30 p.m.

Wind Ensemble at The MAC

Tuesday, November 3, Depart at 7:30 p.m.

University Orchestra at The MAC

Wednesday, November 4, Depart at 7:30 p.m.

Contemporary Vocal Ensemble at Auer Hall

Thursday, November 5, Depart at 7:30 p.m.

Soweto Gospel Choir at the IU Auditorium [\$]

Friday, November 6, Depart at 7:30 p.m.

Midwest Composer's Symposium 2015 at Auer Hall

Friday, November 6, Depart at 7:30 p.m.

Bloomington Bach Cantata Project at St. Thomas Lutheran Church

Sunday, November 8, Depart at 2:00 p.m.

Sundays in Auer—Pacifica Quartet

Sunday, November 8, Depart at 3:30 p.m.

Chamber Music Recital—"Mozart Quintets" at Auer Hall

Tuesday, November 10, Depart at 7:30 p.m.

"Yo-Yo Ma: BRIC Project" [\$]

Wednesday, November 11, Depart at 7:15 p.m.

Chamber Orchestra at Auer Hall

Wednesday, November 11, Depart at 7:15 p.m.

Musical Performances continued

Vocal Jazz Ensemble and IUnison at Auer Hall

Thursday, November 12, Depart at 7:30 p.m.

Symphony Orchestra at The MAC

Sunday, November 15, Depart at 2:30 p.m.

Latin Jazz Ensemble and Jazz Combo at The MAC

Monday, November 16, Depart at 7:30 p.m.

Concert Band and Symphonic Band at The MAC

Tuesday, November 17, Depart at 7:30 p.m.

Vaughan Williams: A Sea Symphony at The MAC

Wednesday, November 18, Depart at 7:30 p.m.

Theatrical Performances [\$]

"The Agony and Ecstasy of Steve Jobs" at Waldron Firebay

Sunday, November 8, Depart at 1:15 p.m.

"Sweet Charity" at Ruth N. Halls Theatre

Tuesday, November 10, Depart at 7:00 p.m.

"Die Fledermaus" at The MAC

Saturday, November 14, Depart at 7:00 p.m.

"Buyer and Cellar" at Waldron Firebay

Saturday, November 21, Depart at 12:30 p.m.

Be Prepared for Bus Departure!

The bus will leave promptly at the time indicated. To guarantee your seat, please arrive in the Lobby at least 5 minutes before the scheduled departure time. Events and outings that have a dollar sign after them indicate that either a ticket or money is needed for admission.

Out & About



IU Sporting Events

IU Football [\$]

IU vs. Iowa

Saturday, November 7, Depart TBA

IU vs. Michigan

Saturday, November 14, Depart TBA

IU Men's Basketball [\$]

IU vs. Ottawa

Tuesday, November 3, Depart at 6:00 p.m.

IU vs. Bellarmine

Monday, November 9, Depart at 6:00 p.m.

IU vs. Austin Peay

Monday, November 16, Depart at 6:00 p.m.

IU vs. Creighton

Thursday, November 19, Depart at 6:00 p.m.

IU vs. Alcorn State

Monday, November 30, Depart at 6:00 p.m.

IU Women's Basketball [\$]

IU vs. Slippery Rock

Sunday, November 8, Depart at 1:15 p.m.

IU vs. Tennessee State

Friday, November 13, Depart at 11:30 a.m.

IU Volleyball [\$5]

IU vs. Iowa

Wednesday, November 4, Depart at 6:40 p.m.

IU vs. Michigan

Wednesday, November 25, Depart at 5:40 p.m.

Other Events

Fiber ~ Clay ~ Glass

Three Artisan Guilds—Holiday Art Show & Sale at the Convention Center

Saturday, November 7, Depart at 10:00 a.m.

Free admission, all handcrafted goods

Pub Quiz at Players Pub [\$3]

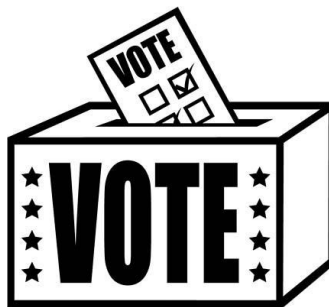
Tuesday, November 10, Depart at 5:30 p.m.

Tuesday, November 24, Depart at 5:30 p.m.

Do you enjoy trivia? Have dinner at The Players Pub then answer trivia questions as a Bell Trace team for a chance to win a \$50 gift certificate!

Election Day

Election Day is Tuesday, November 3. If you need a ride to the polls that day, Bell Trace will make sure you get there. Please sign up in the Activity Book in the Mail Room and Leisa will call you on Monday, November 2 to let you know what time she will pick you up.



“As we express our gratitude,
We must never forget that
The highest appreciation
is not to utter words,
but to live by them.”

John F. Kennedy

PRIMS & PROSE:

SELECTED WORKS BY JENNY KANDER,
JULIE HILL, AND BELL TRACE RESIDENTS

Bell Trace Gallery
November 6—December 4, 2015
Gallery hours 10:00 a.m.—6:00 p.m.

Opening Reception: Friday, November 6
4:00—5:30 p.m.

Jenny Kander began making her whimsical primitive-style dolls (prims and ornies) about three years ago after a spell in the hospital and being homebound afterwards for three weeks. She'd just bought a Prim magazine—new to her—and became intrigued. The “house arrest” period gave her time to start hand-sewing her own versions of the early-American toys, and she's not stopped since!

Jenny's “prims and ornies” are entirely hand-made, and to make them even more special, each are accompanied with a hand-written character sketch that is as endearing as the doll itself.

Julie Hill has been collecting and crafting hand-made dolls since she was a young child. Inspired by the humor and magical charm that Jenny bestows upon each of her handcrafted creations, Julie has attempted to discover and write the stories of the dolls in her own collection.

Stories about our youth, reflections on nature, and remembrances of times past are among the many topics that we write about in Creative Writing at Bell Trace. The group has collected a sample of their work to share with you.



Bell Trace recognizes

Theresa Bradley and Heather Mullis

as **Wonderful Outstanding Workers**

For all the wonderful things they do for the residents of Bell Trace



Driver Safety Refresher Course

Do you or a loved one need some brushing up on your driving skills before we head into winter driving season? Bell Trace is hosting the **AARP SMART DRIVER COURSE on Tuesday, November 10, 2015**. Since 1979, AARP Driver Safety has helped millions of drivers age 50+ stay safe on the road.

The award-winning AARP Smart Driver™ classroom course curriculum is proven to help drivers make fewer errors, which helps to keep drivers, roads and communities safer for everyone.

This 5-hour course includes a complimentary lunch—but space is limited. Please call today to reserve your spot! 812-332-2355.

When: November 10, 2015
Time: 9:30 a.m.—2:30 p.m.
Where: Bell Trace, 800 N. Bell Trace Circle,
Community Room/Lower Level
Cost: \$15 for AARP Members,
\$20 for Non-members

Register in person or via mail.
Check due upon registration.

Complimentary lunch will be served