

Bell Trace Newsletter

October 2015

In This Issue

Resident Services.....2 - 4
Life Enrichment5 - 8
Out and About.....9 - 11
Desk of Joy Harter ...12

October Birthdays

Lois Saxton	3rd
Ralph Spears	5th
Tully Shaw	13th
Elaine Schenck	14th
Raisa Strelnizki	15th
Catherine Timson	16th
Margie Temples	16th
Shirley Linskey	20th
Christine Shriner	25th
Don Martin	25th
William Shriner	25th
Linford Lahr	30th
Rex Skillman	30th

Birthday Party

*Friday, October 2,
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, and a song!

At the MAC

Guest article written by resident, Mac Fleming, member of the Bell Trace Creative Writing Group.

The HT headline was "Pleasure was in the Air" when the IU Philharmonic performed Rachmaninoff's beloved Piano Concerto #2. I was there and became completely absorbed in that "pleasurable air." But what I first saw was not so pleasurable. Arriving by bus 10 minutes early, I found the MAC already full and teeming with many late-comers scurrying to find a seat. I scanned each row as I moved down and down to the front. One empty seat in row 10 was being held for someone else. Finally I was able to grab a seat in row 6, but felt like I was in the pit looking up at the String Section. At eye level what I saw was shoes, mostly spike heels. To the right I could see a few cellos but no string bass. I never saw any percussion, or brass, or woodwinds till they stood for a loud applause two hours later.

Fortunately, up front and clearly visible were the conductor and the and the featured soloist; the pianist. Soon the pianist began my favorite theme, and then it was echoed and embellished by the strings and then more pronounced by the piano. My feet were in rhythm and my soul enriched again and again.

Occasionally the music became background to what I was seeing. I noticed the conductor, while keeping the beat with his stick, would turn around to see if it matched the beat of the pianist's fingers. The string section it seemed was a miracle of precision, dozens of arms moving as one, up and down, some slow long moves, others too rapid to see. All players had music on their stands as did the conductor but the pianist had none. I marveled at how he could keep going so smoothly and confidently for half an hour, all from memory.

The HT's more practiced words were: " Played with authority and interpretive gusto. The melodic content and romantic sweeps were all present. Pleasure was in the air."

Welcome New Residents

Peggy Wiley - Apt. 378
Marion and Doris Douglas - Apt. 224
John and Edie Holm - Apt. 226
Virginia Taylor - Apt. 114
Martha Stewart - Apt. 362

Resident Services

Home Health Services at Bell Trace

LifeSpan Home Health, LLC is an Indiana state licensed home health agency that is conveniently located on the campus of Bell Trace Senior Living Community. LifeSpan is a CarDon company providing nursing and support services to the Bell Trace community. If daily non-medical tasks become challenging, LifeSpan Personal Attendants can provide the following services to residents:

- Personal caregiving
- Assistance with bathing, dressing, hygiene, grooming, and other personal care
- Assistance with mobility issues
- Transportation to the doctor or other appointments and outings
- Running errands and shopping
- Light housekeeping
- Meal preparation
- Assistance with pet care
- Companionship at home or for events and outings.

Our LifeSpan Nursing Services can provide:

- Medication management
- Wound care
- Assessments of
 - Blood pressure
 - Pulse
 - Respiratory status
 - Temperature
- Diabetic management
- Lab and x-ray coordination.

For more information on fees and services, please call RN Administrator Brandy Kluesner at 812-961-5556.

Massage

Massages are available on Tuesdays.

The sign-up sheet is in front of the Activity Book in the Mail Room. When you sign up, please make sure to provide your phone number so that Lisa Prickel, the massage therapist, can call you to schedule your appointment.

Flu Shots

Monday, October 19

Assisted Living Residents
8:30 - 10:00 a.m., Sunroom

Independent Living Residents
10:00 a.m. - 12:00 p.m., Chapel

A representative from Kroger Pharmacy will be here to administer the flu shots. Please bring your Medicare card with you. You must sign up for a vaccine no later than October 11 so that the pharmacy knows how many vaccines to bring. The sign-up sheet is in the front of the Activity Book in the Mail Room.

Pneumonia and shingles vaccines are available but the resident must contact Kroger Pharmacy in advance to make sure insurance will pay.

Wellness Checks

Blood Pressure Clinic

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

Hearing Aid Checks & Cleaning

Wednesday, October 14, 3:30 - 4:30 p.m.,
Private Dining Room

Support Groups

Family Support Group

Saturday, October 17, 2:00 p.m. Sunroom

Parkinson's Support Group

Friday, October 23, 1:30 p.m., Community Room

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.**

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.

Recycling

Bell Trace is currently looking at alternatives that will enable residents to recycle a variety of materials. Currently, you may recycle paper (including newspaper and magazines) by bringing items to the Main Building and putting them in the recycling bins found in the Laundry Rooms on all three floors or use the new big blue bins with yellow tops in the Lower Level recycling area. We will keep you updated on any changes when they occur.

Give and Take Day

Tuesday, October 6 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.

Resident Services

Resident Committee Meetings

Resident Council

Tuesday, October 6, 1:30 p.m., The Commons

Garden Committee

Fridays, 9:00 a.m., Sunroom

Hospitality Committee

Wednesday, October 14, 2:30 p.m.
Community Room

Library Committee

Friday, October 16, 1:30 p.m., Library

Newcomers Meeting

Tuesday, October 20, 1:30 p.m., Community Room

If you are new to our community please join us for this monthly meeting. It is a great way to meet people and learn the ropes. Refreshments are served.

Religious Services

Church Services

Sundays, 4:00 p.m., Chapel

Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

Catholic Service

Fridays, 11:00 a.m., Chapel

Senior Mass and Luncheon at St. John the Apostle Catholic Church

Wednesday, October 14, Depart at 10:00 a.m.

Join other seniors from neighboring communities for fellowship and a meal. This program is open to everyone, regardless of religious affiliation. There is no charge, but you must sign up in the Activity Book in the Mail Room no later than October 5th to guarantee a spot.

Life Enrichment

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.

Assisted Living Chat with Joy

Monday, October 19, 3:30 p.m., Sunroom

Apartment Chat with Joy

Wednesday, October 21, 4:00 p.m.
The Commons

Cottage Chat with Joy

Tuesday, October 27, 10:00 a.m.
The Commons

Discussions

Coffee and Conversation

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

Enjoy a cup of coffee or tea with a selection of flavored creamers and donuts. This is a great way to start your day and to meet new friends.

Book Discussion Group

Sunday, October 18, 2:00 p.m., Library

Word Talk

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

Bring a word that begins with the letter of the week (see the Daily Activity Sheet)

Current Events

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

Deep Listening

Monday, October 12, 7:00 - 9:00 p.m.
Sunroom

Monday, October 26, 7:00 - 9:00 p.m.
Sunroom

Bible Study

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

Special Events

Music with Matt

Monday, October 5, 7:00 p.m., Front Lobby

Tom Roznowski and Monika Herzig Sing

Friday, October 16, 7:00 p.m., The Commons

The Newmans Play Music

Wednesday, October 21, 3:00 - 4:00 p.m.
The Commons

Voter Registration and Absentee Ballot Requests

Thursday, October 1, 3:00 - 4:00, Front Lobby

Is your voter registration up to date? Would you like to request an absentee ballot to vote in this year's upcoming election? A representative from the Monroe County Clerk's office will be at Bell Trace to help you with these forms.

Pet Visits

Visits with Kanika, the Labrador Retriever

Friday, October 2, 16, and 30, 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 some time with you.

Save The Date

“Prims and Prose”

To inaugurate the Bell Trace Gallery, come and see Jenny Kander's whimsical, primitive-style doll exhibition.

Friday, November 6, 2015
Opening Reception 4:00 p.m.

Holidays and Celebrations

October Birthday Party

Friday, October 2, 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, and a song.

Come down early and do a little chair dancing

October Birthday Dinner

Thursday, October 22, Bistro

Residents who have a birthday in the month of October are invited to attend a special birthday dinner celebration hosted by our Executive Director Joy Harter. The evening will begin with a wine and punch reception at 5:30 p.m. in the Front Lobby. Dinner will follow at 6:00 p.m. in the Bistro.



Bell Trace Campus Trick or Treating

Friday, October 30, Through the Halls
6:30 p.m. - 7:30 p.m. at Bell Trace H&L
7:00 p.m.: Halloween Story Hour in Sunroom
7:00 p.m. - 8:30 p.m. at Bell Trace

All employees with small children are invited to bring them trick or treating on the night before Halloween. Please invite your grandchildren to join in on the fun.

If you would like for the children to stop by your apartment, please pick up a paper pumpkin at the Front Desk to place on the outside of your door so they will know it is ok for them to knock.

All Hallow's Eve Reading

Saturday, October 31, 2:00 p.m. The Commons

Come down for a special Halloween presentation in the The Commons. Hot apple cider will be served.

Life Enrichment

Arts Programming

Arts & Crafts

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

We will be focusing on line drawing.

Fiber Arts

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

This crafters' workshop 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

If you have always wanted to play an instrument then please come and join us. The ukulele is the easiest instrument to learn how to play. We are beginners and we play for fun, not for perfection.

International Folk Dancing

Thursday, October 22
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. Their new season starts on September 2nd, with new choral director Loida Pineda. She is a graduate student and teacher at the IU School of Music.

Membership in the choir costs \$30; however, if you just want to come and sing and not perform with the group, please feel free to stop in any time.

New Art Class for Creative Self Expression

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.

We'll have service-learning students involved with our class. The activity will be easy to pick up at any time, so come when you can.

Games and Trivia

Trivia

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

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

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.

Lifelong Learning Classes

Science with Melissa—"The Universe"

Fridays, October 2, 16, & 30, 4:00 p.m., Chapel

October 2, "The Day the Moon Was Gone", Without the moon, Earth would be a very different and desolate place today—four hours of sunlight with pitch-black nights, steady 100-mph winds spawning giant hurricanes that last for months, and virtually no complex life forms, much less humans. Safe to say, we probably owe our very existence to the moon.

October 16, "Total Eclipse"

Once they were dreaded and thought to be dragons eating the sun—but modern science has dispelled mythology and we now look forward to total solar eclipses as one of the most spectacular phenomena in the heavens.

October 30, "Dark Future of the Sun"

Our Sun has served Earth well for almost five billion years. It's bathed us with heat and energy. But like humans, our home star is mortal. In five billion years, it will stop nurturing its planetary offspring. The aging star will bloat out beyond the orbit of our planet incinerating all living things—including humans if we're still around.

Ivy Tech's History Tuesday

World War II in the Pacific [\$]

Tuesday, October 6 & 13, Chapel

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

6 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.

"Game Change"

Saturday, October 17, 7:00 p.m., Chapel

"Beetle Juice"

Saturday, October 31, 7:00 p.m., Chapel

Sunday Movie Matinee

The Sunday Matinee is resident driven—all titles are chosen by residents. This month our movies will all feature Cary Grant.

"The Talk of the Town"

Sunday, October 4, 1:30 p.m., 3rd Floor Lounge

"Holiday"

Sunday, October 11, 1:30 p.m., 3rd Floor Lounge

"The Awful Truth"

Sunday, October 18, 1:30 p.m., 3rd Floor Lounge

"Only Angels Have Wings"

Sunday, October 25, 1:30 p.m., 3rd Floor Lounge

When witches go riding,
and black cats are seen,
the moon laughs & whispers
'tis near Halloween!

Life Enrichment

Exercise and Wellness Activities

Move & Groove Chair Dancing

Friday, October 2, 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.

Chair Yoga

Saturdays, 11:00 a.m., Chapel

New Activity Starting This Month

Hula Dancing [\$5]

Saturdays, 10:00 a.m.
The Commons

Hula Dancing is an ancient art form that involves movement and story telling. It boosts self-esteem and eases arthritis. It's good for your circulation, it strengthens your stomach

Hula dancing can be done sitting or standing and while using a walker. Invite a friend or family member to join you. This class will be taught by Reina Wong and is open to the general public.



Service Learning Project

Roll and Stroll

Tuesdays, 6:00 - 7:00 p.m.
Assisted Living Café/Sunroom

The Roll & Stroll program will continue throughout the month of October. This new wellness initiative, which involves 30 Indiana University Service Learning students who have been matched with 30 residents, is going very well.

We appreciate all who have volunteered to serve as an alternate for those residents who are not able to participate on any given evening.

Themes for the four remaining walks are: Freedom, Forgiveness, Gratitude, and Connection.

If you are interested in serving as an alternate, or would like to participate in future wellness walks, please see Julie Hill, Life Enrichment Director.

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.

Walking the Trace

The Trace, that follows the perimeter of the Bell Trace campus, is 2/3 of a mile long. Residents are encouraged to take leisurely walks at their convenience with a companion for both safety and social stimulation. You are also encouraged to bring your cell phone with you.

Shopping Transportation

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.

We will drop you off anywhere on the east side of Bloomington, whether it be a store, a bank, or a restaurant. Please sign up with your destination in the Mail Room.

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, October 2, Depart at 10:00 a.m.

Bloomington Farmers' Market

Saturday, October 3, Depart at 10:00 a.m.

Saturday, October 17, Depart at 10:00 a.m.

Wednesday Farmers' Market

Wednesdays, Depart at 9:30 a.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.

If you have a question about the cost, please see either Melissa or Julie in the Activities Office.

Dining Out

Lunch Excursions [\$]

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

Lunch Excursions (See menus in the Mail Room)

Lennie's

Wednesday, October 7, Depart at 11:15 a.m.

All Saints Orthodox Church Festival on Fairfax

Saturday, October 10, Depart at 11:30 a.m.

Enjoy the colors of autumn while savoring a delicious Greek gyro, authentic Lebanese falafel, or an item from the bakeshop! Treat your ears to the sounds of Backwoods Bluegrass and Salaam, among other local musicians. You may enjoy a guided tour of the wooded 24-acre property or their beautiful place of worship. Admission is free; lunch price varies by dish.

Panera Bread

Wednesday, October 14, Depart at 11:15 a.m.

Men's Lunch Excursion [\$]

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

Cozy Table Restaurant

Wednesday, October 21, Depart at 11:15 a.m.

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.

Musical Performances

Salón Latina—LAMC Chamber Music Series at Auer Hall

Thursday, October 1, Depart at 7:30 p.m.

Singing Hoosiers Fall Preview at Auer Hall [\$12]

Friday, October 2, Depart at 7:30 p.m.

Wynton Marsalis and LCJO at the IU Auditorium [\$]

Sunday, October 4, Depart at 7:00 p.m.

Pat Harbison Jazz Ensemble at The MAC

Monday, October 5, Depart at 7:30 p.m.

University Chorale and Conductors' Orchestra at Auer Hall

Tuesday, October 6, Depart at 7:30 p.m.

Concert Band and Symphonic Band at The MAC

Tuesday, October 6, Depart at 7:30 p.m.

Contemporary Vocal Ensemble at Auer Hall

Wednesday, October 7, Depart at 7:30 p.m.

Eric Kim and Friends: An Evening of Chamber Music by Johannes Brahms at Auer Hall

Monday, October 12, Depart at 7:30 p.m.

Chamber Orchestra at Auer Hall

Wednesday, October 14, Depart at 7:30 p.m.

Jazz Ensemble and Jazz Combo at The MAC

Monday, October 19, Depart at 7:30 p.m.

University Singers at Auer Hall

Tuesday, October 20, Depart at 7:30 p.m.

Philharmonic Orchestra at The MAC

Wednesday, October 21, Depart at 7:15 p.m.

Bloomington Symphony Orchestra [\$18]

Sunday, October 25, Depart at 5:15 p.m.

Musical Performances continued

Brent Wallarab Jazz Ensemble at The MAC

Monday, October 26, Depart at 7:30 p.m.

Theatrical Performances [\$]

"Fall Ballet: Three Iconic Choreographers" at The MAC

Saturday, October 3, Depart at 7:00 p.m.

"The Illusionists" at the IU Auditorium

Tuesday, October 6, Depart at 6:30 p.m.

"Celtic Woman 10th Anniversary Tour"

Thursday, October 8, Depart at 7:00 p.m.

"Joseph and the Amazing Technicolor Dreamcoat" at the IU Auditorium

Tuesday, October 13, Depart at 7:00 p.m.

"Dead Man Walking" at The MAC

Saturday, October 17, Depart at 7:00 p.m.

"Collected Stories" at the Rose Bay Firehouse

Sunday, October 18, Depart at 2:15 p.m.

"Collected Stories" tells the story of Ruth Steiner, a prominent short story writer, who mentors a young writer Lisa Morrison. Tickets are \$20 at the door.

"Mr. Burns, a post-electric play" at the Wells-Metz Theatre

Tuesday, October 27, Depart at 7:00 p.m.

Twyla Tharp Dance Company at the IU Auditorium

Wednesday, October 28, Depart at 7:00 p.m.

Dennis James Hosts Halloween at the IU Auditorium

Friday, October 30, Depart at 7:00 p.m.

Out & About

Day Trips

Indianapolis Museum of Art [\$18]
"Continuing the Work of Monuments Men"
Friday, October 9, Depart at 10:00 a.m.

The 2014 release of the Hollywood movie *The Monuments Men* created much public interest in the issue of Nazi art looting before and during World War II. This exhibition tells the interesting story behind one of the IMA's European paintings, *Interior of Antwerp Cathedral*, painted by the Flemish artist Peeter Neeffs the Elder in 1651.

Applacres Orchard & lunch at Golden Corral (Approx. 3.5-hour total trip)
Friday, October 16, Depart at 9:30 a.m.

Applacres' main attraction is their freshly-squeezed apple cider and their hand-dipped caramel apples. They also have a seasonal supply of fresh fruit, vegetables, bedding plants for spring and fall, and specialty items.

Dillon Amish Tours [\$25]
(Approx. 8-hour total trip)
Friday, October 23, Depart at 8:45 a.m.

Group tours of 15 people or more, accompanied by a very knowledgeable guide, includes family-style lunch, with visits to Amish homes and farms, quilt, craft, and furniture shops, country stores, fabric stores, bulk food stores featuring Amish baked goods and Amish candy in season. No cameras, please.

Rosie's Diner and a Visit to the Tulip Trestle (Approx. 3.5-hour total trip)
Wednesday, October 28, Depart at 10:00 a.m.

Located east of Bloomfield and west of Solsberry near the community of Tulip, the 2,307 feet long and 157 feet tall steel-girded railroad trestle is one the longest of this type of bridge in the world and is still in use today by the *Indiana Railroad Company*.

Trips continued

The Farmhouse Café and Tea Room [\$]
(Approx. 3.5-hour total trip)
Friday, October 30, Depart at 10:30 a.m.

A one-of-a-kind dining experience with seating inside the restored farmhouse, on the front porch, or on the beautifully-landscaped patio. We plan to take the time to look around the many flower and herb gardens and barns. Please note that the paths are gravel and the restaurant is not wheelchair accessible.

Sporting Events

Football [\$]
IU vs. Ohio State
Saturday, October 3, Depart at 2:30 p.m.

IU vs. Rutgers
Saturday, October 17, Depart at 2:30 p.m.

Men's Soccer [\$5]
IU vs. IUPUI
Wednesday, October 7, Depart at 7:00 p.m.

Women's Soccer [free]
IU vs. Ohio State
Sunday, October 18, Depart at 12:30 p.m.

Other Events

Pub Quiz at Players Pub [\$3]
Tuesday, October 20, Depart at 5:30 p.m.

Metropolitan Opera Live HD at the Movies [\$]

"Otello"
Saturday, October 17, Depart at 12:30 p.m.

"Tannhäuser"
Saturday, October 31, Depart at 11:30 a.m.

From the Desk of Joy Harter



In honor of my ongoing love for this splendid time of year, I would like to share some thoughtful, poetic words and quotes about Autumn, a most beautiful season...

I am struck by the simplicity of light in the atmosphere in the autumn, as if the earth absorbed none, and out of this profusion of dazzling light came the autumnal tints.

~Henry David Thoreau, Oct. 12, 1852

The days may not be so bright and balmy—yet the quiet and melancholy that linger around them is fraught with glory. Over everything connected with autumn there lingers some golden spell—some unseen influence that penetrates the soul with its mysterious power.

~*Northern Advocate*

[A]utumn, that season of peculiar and inexhaustible influence on the mind of taste and tenderness, that season which has drawn from every poet, worthy of being read, some attempt at description, or some lines of feeling. She occupied her mind as much as possible in such like musings and quotations...

~Jane Austen

It was, as I have said, a fine autumnal day; the sky was clear and serene, and nature wore that rich and golden livery which we always associate with the idea of abundance. The forests had put on their sober brown and yellow, while some trees of the tenderer kind had been nipped by the frosts into brilliant dyes of orange, purple, and scarlet.... As Ichabod jogged slowly on his way, his eye... ranged with delight over the treasures of jolly autumn.

~Washington Irving, "The Legend of Sleepy Hollow"