

# Bell Trace Newsletter

February 2017

## In This Issue

Desk of Joy Harter	1
LifeSpan Home Health	2
Resident Services	3—4
Life Enrichment	5—9
Out & About	10—11
Special Event	12

## February Birthdays

Patty Cannon	1st
Carolyn Johnsen	2nd
Tommie Owens	3rd
Mac Fleming	4th
Virginia Andrews	5th
Doris Thornton	9th
Betty Angstadt	10th
Mary Rose Pratter	13th
Nancy Cridland	13th
Peta Patton	15th
Mike Bush	19th
June Patton	19th
Bob Price	23rd

## Birthday Party

Join us in wishing all those residents with February birthdays a Happy Birthday!

Friday, February 3, 2017  
2:00 p.m., The Commons

ALL ARE WELCOME!

## Welcome New Residents!

Georgia Schaich...Apt. 251  
Diamond Mather...Apt. 113

## From the Desk of Joy Harter



### Be An Informed Consumer and Be Aware of Scams

Sadly, the threat of sophisticated and savvy scam artists or other fraudulent practices is all too prevalent these days. It is important that you are informed of ways to avoid becoming a victim and what to look out for when you suspect that someone may be trying to take advantage of you financially.

Let the following tips from the Office of Monroe County Prosecuting Attorney Chris Gaal serve as helpful reminders and precautions:

Never sign a blank check, and always make a check out to the designated party.

Never give out bank cards or personal information – do NOT give out your ATM card, credit card information, social security number (which is your Medicare number), etc.

Avoid telemarketing and mail scams:

- End telemarketing calls by hanging up immediately
- Register your phone number at no charge with the “Indiana Do Not Call” list at [www.indianaconsumer.com](http://www.indianaconsumer.com) or 1-888-834-9969
- Do not respond to e-mail or mail solicitations of any kind

Report identity theft immediately:

- Keep items containing personal information in a safe place
- Do not give out personal information over the phone, over the internet, or by mail unless you initiated the contact and know with whom you are dealing.
- Do not respond to sweepstakes or phony lotteries.

Here is another example of a scam that actually occurred here at Bell Trace a few years ago. The resident was caught off guard by the ringing telephone early in the morning while the resident was still waking up. The caller sounds distressed and said to the resident, “Grandma, I need your help.” In response the resident said, “Susie, is that you?” The caller then said, “Yes, Grandma, it’s me. I’m in trouble. I’m in jail in Mexico and I need bail money to get out.”

•In reality, the caller is a con artist and you are the target of a scam.  
•The caller will give you many details that lead you to believe that he or she is really your grandchild in need of immediate help.

•BE AWARE THAT THIS IS A SCAM. HANG UP THE TELEPHONE IMMEDIATELY

- Call your family to make sure that family members are really ok.
- Never send money to someone you do not know.
- Please inform the Executive Director if you receive any type of phone call of this kind or if you suspect that you have been the target of a scam.

## LifeSpan Home Health and Attendant Services

**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 attendant 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
- Escort to meals and activities
- Transportation to the doctor or other appointments and outings
- Running errands and personalized shopping
- Light housekeeping
- Meal preparation
- Pet care and dog walking
- Companionship at home or for events and outings
- Move-in or move-out assistance

Our LifeSpan Nursing Services can provide:

- Medication management and injections
- Wound care
- Assessments of vital signs:
  - Blood pressure
  - Pulse
  - Respiratory status
  - Temperature
- Diabetic management
- Lab and x-ray coordination

For more information on what LifeSpan Home Health can do for you, please contact Susan Calabrese, RN Administrator of LifeSpan Home Health Services at 812-332-2355, ext. 256.

## Fall Prevention

Four things YOU can do to prevent falls:

### 1. Exercise to improve your balance and strength

Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident.

Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or health care provider about the best type of exercise program for you.

### 2. Have your health care provider review your medicines

Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.

### 3. Have your vision checked

Have your eyes checked by an eye doctor at least once a year and update your eyeglasses. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

### 4. Make your home safer

About half of all falls happen at home. To make your home safer, remove things you can trip over from places you walk; remove small throw rugs; keep items you use often in cabinets you can reach easily without using a step stool; have grab bars put in next to and inside the tub and next to the toilet; use non-slip mats in the bathtub and on shower floors; improve the lighting in your home; hang lightweight curtains to reduce glare; and wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

# Resident Services

## Banking Hours

First Financial Bank offers 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 2<sup>nd</sup> 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.

## 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.

## Technology Assistance

Help is available if you are having problems or have questions regarding your cell phone, computer, tablet, etc. Please contact either Melissa Davis or Julie Hill to have your name placed on the Technical Support Request List. Service-learning students will call you to set up a time to help you.

## Massage [\$]

Massages are available on Tuesdays. 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.

## Chats

Chats are an opportunity to share your ideas and concerns regarding your experience living at Bell Trace. All are encouraged to attend!

### **Activities Chat with Joy, Melissa, and Julie**

Wednesday, February 15, 3:30 p.m.  
The Commons

### **Food/Dining Services Chat with Philippe and Joy**

Saturday, February 18, 10:00 a.m.  
The Commons

### **Apartment Chat with Joy**

Wednesday, February 22, 4:00 p.m.  
The Commons

### **Assisted Living Chat with Joy**

Friday, February 24, 4:00 p.m., Sunroom

### **Cottage Chat with Joy**

Tuesday, February 28, 10:00 a.m., The Commons



## Who's There?

If you are a cottage resident and would like to have a peep hole installed, please contact Kris at the Front Desk to have a work order put in.

# Resident Services

## Resident Committee Meetings

### **Resident Council—All residents are welcome!**

Tuesday, February 7, 1:30 p.m., The Commons

### **Hospitality Committee**

Wednesday, February 15, 2:30 p.m.  
Community Room

### **Library Committee (Annual Purge)**

Friday, February 17, 1:30 p.m., Library

### **Newcomers Meeting**

Tuesday, February 21, 1:30 p.m.  
Community Room

## 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

## Wellness Checks

### **Blood Pressure Clinic**

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

### **Hearing Aid Checks & Cleaning**

Wednesday, February 8, 3:30—4:30 p.m.  
Private Dining Room

## 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.

## Exercise and Wellness Activities

### **Advanced Exercise**

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

### **Intermediate Exercise**

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

### **Adaptive Tia Chi**

Tuesdays and Thursdays, 10:00—11:00 a.m.  
Chapel

This activity is designed to provide the participant an opportunity to experience the mind, body, and spirit connection. If you only come down and just breathe with us, you'll be doing your body a whole lot of good!

### **Mall Walking**

Monday, February 6 and 20, Depart at 9:00 a.m.

### **Chair Yoga**

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

### **Balance Class [\$]**

Tuesdays and Thursdays, 3:00—4:00 p.m.  
The Commons

## Monroe County Library

### **Bookmobile Visit**

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

The Bookmobile collection includes best-sellers; adult, young adult, and children's books; 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.**

## Holidays and Celebrations

### February Birthday Party

Friday, February 3, 2:00 p.m., The Commons

All residents are invited to come down and celebrate those whose birthdays fall within the month.

### Valentines Day

"The Rhythm of Love" Chocolate Fundraiser

Tuesday, February 14, 6:30—8:30 p.m.

The Commons

## Discussion Groups

### Deep Listening

Monday, February 6 and 20, 7:00—9:00 p.m.

Sunroom

This is a wonderful evening of thoughtful discussion and personal storytelling. Facilitated by Alan Backler and Bob Muldoon.

### Coffee and Conversation

Tuesdays and Thursdays, 8:00—11:00 a.m.

Bistro Alcove

### Book Discussion Group

The group will be discussing the book [A Lesson Before Dying](#) by Ernest J. Gaines.

Sunday, February 19, 2:00 p.m., Library

### Current Events

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

### Bible Study

Saturdays, 10:30 a.m., 3<sup>rd</sup> Floor Lounge

## Support Group

### Parkinson's Support Group

Friday, February 24, 1:30 p.m., Community Room

# TableTalk

Beginning on Tuesday, February 14th, Indiana University Service Learning Students will be visiting the Bistro and the Assisted Living Café during the dinner hour from 5:45—6:30 p.m. on Tuesday evenings.

Topic cards will be placed on each table to help guide the conversations or to spark the memory of a personal experiences or stories. **You of course, do not have to stay on topic.** These students are learning how to be health counselors. The table topics come directly from their course syllabus.

We hope you enjoy getting to know the students and sharing your words of wisdom with them. Giving a small portion of your time in this way will not only provide a meaningful and valuable learning experience for students, but hopefully it will also help stimulate and nurture your friendships with each other. Thanks for participating!

## Going Away Give Away

February 14—21, 2017, Gallery

At the end of this month, our friend Mac Fleming will be moving to California to be closer to his children and grandchildren. He does not want to take his photographs with him. Please come and help Mac lighten his load.

## Pet Visit

### Visit with Kanika

Friday, February 3, 2:00—3:00 p.m.

Friday, February 24, 2:00—3:00 p.m.

Assisted Living Hallways and Front Lobby

Spend time with Kanika, the black lab/golden retriever service dog. If you live in the Assisted Living wing and would like a visit from Kanika, please leave your door open.

## Arts Programming

### Arts & Crafts

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

Continuing with our exploration of print making. We will be making cards the first couple of weeks and then move into Geli prints the last couple of weeks.

### Collage Art

Tuesday, 10:00— 11:00 p.m. Sun Room  
Word Talk is being replaced with Collage Art. Come check it out, supplies will be provided!

### Fiber Arts

Tuesdays, 2:00—4:00 p.m., 3rd Floor Lounge  
This is a group of makers of all kinds. Please come and share your craft or just share in the conversation. All are welcome!

### Creative Writing

Thursdays, 2:00—4:00 p.m., 3rd Floor Lounge  
We review the prose and poetry of professionals and then we listen to the prose and poetry of our peers. This is a safe space for writers to both create and critique. Beginners are welcome!

### Ukulele Practice

Thursdays, 4:00—5:30 p.m., Community Room  
There are few things that stimulate the brain the way music does, if you want to keep your brain engaged throughout the aging process, listening to or playing music is a great tool. It provides a total brain workout. All are welcome!

### Adult Coloring

Fridays, 2:00—3:00 p.m., Sunroom  
According to a CNN Health article, coloring has therapeutic potential to reduce anxiety, create focus or bring about more mindfulness. Like meditation, coloring allows the brain to switch off other thoughts and focus. Supplies will be provided!!

## Arts Programming continued

### Bloomington Peace Choir Practice

Wednesday evenings from 7:00—9:00 p.m.  
The Commons

This community choir is open to anyone who loves to sing! No auditions required and the membership fee is waived for Bell Trace residents.

You will work with a professional choral director on a variety of songs that have been uniquely arranged for four-part harmony.

Singing is good for your health. When you sing, musical vibrations move through you, altering your physical and emotional landscape. Group singing is the most exhilarating and transformative of all!

### Line Dancing

Wednesday, February 1, 8, and 15  
4:00—4:30 p.m., The Commons

The first Wednesday class will be taught by the Fred Astaire Dance Studio. The second and third Wednesday classes will be practice time. Then the first Wednesday in March we will have another lesson.

### International Folk Dancing

Thursday, February 9 and 23, 7:30—9:00 p.m.  
Lower Level

## Give and Take Day

Tuesday, February 7, 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 Goodwill. Cold-weather items such as hats, gloves, socks, and coats will be donated to the homeless shelter. Please do not bring undergarments or medication to Give and Take Day.

## On the Big Screen

### Saturday Movie Matinee

#### Franklin Delano Roosevelt—A 4-Part Series

Saturdays, 1:00 p.m., Chapel

### Saturday Night at the Movies

This month's movies were all chosen in recognition of Black History Month. If there is a particular movie that you want to see, please let Melissa, Kurt, or Julie know.

#### "Race"

Saturday, February 4, 7:00 p.m., The Commons

#### "The Butler"

Saturday, February 11, 7:00 p.m., The Commons

#### "42"

Saturday, February 18, 7:00 p.m., The Commons

#### "The Help"

Saturday, February 25, 7:00 p.m., The Commons



### Happy Videos

Sometimes we just need a break from things and need to watch video clips that make us smile! Join us for Happy Videos every other Friday in The Commons. The short video clips will include such things as dogs, cats, and other animals; babies; old-time comedy sketches; and other feel-good things.

Friday, February 10 and 24, 1:00 p.m.  
The Commons

## Games and Trivia

### Bridge

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

### 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 the 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.

### Scrabble

Tuesdays and Saturdays, 2:00—3:00 p.m.

Sunroom

### Game Night with APO Students

Play Euchre, board games, billiards, or Wii with these enthusiastic students! Bring your favorite board game and they will play that too!

Fridays, 6:30—8:00 p.m., The Commons



## Special In-House Events

### **A Conversation with Don Fischer**

Don Fischer is in his 43rd year as the "Radio Voice" of Indiana University football and basketball games. The past 26 years, Fischer has worked as an independent contractor, and is currently serving the I.U. Radio Network owned by Learfield Communications. In addition to broadcasting the games, Fischer hosts the weekly Coaches talk shows for both football and basketball. Mr. Fischer will talk about his experiences, will take questions, and will sign autographs and pose for pictures. Please bring your IU gear to be autographed!

Wednesday, February 1, 1:15 p.m.  
The Commons

### **2016 Memorial Service**

This service is to remember all those Bell Trace residents and friends who passed away during the year 2016.

Sunday, February 5, 4:00 p.m., The Commons

### **Music with Matt**

Monday, February 6, 7:00 p.m., Front Lobby

### **Joyce Jordan-Cassal Sings Bing Crosby**

Tuesday, February 7, 7:00 p.m., The Commons

### **Lunch with Chaplain Kurt Messick [\$]**

Friday, February 10, 12:30 p.m., Bistro Alcove

### **"The Rhythm of Love" Chocolate Fundraiser**

Tuesday, February 14, 7:00 p.m., The Commons

### **Tom Wright Sings the Oldies**

Monday, February 20, 7:00 p.m., The Commons

### **Lunch with Rabbi Besser [\$]**

Tuesday, February 21, 11:30 a.m., Bistro Alcove

### **The Newmans Play the Oldies (featuring Sandra Freund)**

This is the final performance by Lennie and Lou Newman before they move to Carmel. Please come down and wish them well.

Tuesday, February 21, 4:00—5:00 p.m.  
The Commons

### **An Evening with Matt**

Matt DeMars, known for his sing-a-longs in the Front Lobby, gives a more formal performance on the Steinway piano.

Tuesday, February 21, 7:00 p.m.

The Commons

### **Doug Haise Plays Ragtime Music**

Wednesday, February 22, 1:30 p.m.

The Commons

## Library News

Guest column written by Resident Betty Farr

Recent donations to the second-floor Library include two new bestsellers.

"Being Mortal" by Atul Gawanda tells us how medicine can not only improve life, but also the process of its ending.

"When Breath Becomes Air" by Dr. Paul Kalanithi is an inspiring memoir. He finds hope and beauty in the face of insurmountable odds as he attempts to answer the question, "What makes life worth living?"

A large number of new (to us) books have recently been added to the shelves. Come visit the Library when you can and check the laminated sheet on the table for new arrivals!

Find something new





# Life Enrichment

## Lifelong Learning Classes

### Science with Melissa—"Modern Marvels"

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

### "Office Wonders"

Friday, February 3

### "Bathroom Tech II"

Friday, February 10

### "Diamond Mines"

Friday, February 17

"Learning never exhausts the mind."

— Leonardo da Vinci

## Medical Transportation and Transportation Notes

Bell Trace offers transportation on Tuesdays and Thursdays for medical appointments that are scheduled between **9:30 a.m.** and **4:30 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.

### Ivy Tech History at Bell Trace [\$24]

#### "War of the Roses"

This class continues from last month and focuses on the events surrounding the York and Lancastrian battles for the throne of England, starting with Henry IV. We will learn about the kings, queens, and barons who maneuvered to hold power until Richard III was overthrown by Henry Tudor at the Battle of Bosworth Field.

Tuesdays, 1:00—2:30 p.m., Chapel

#### Coming Next Month—"Early History of the Byzantine Empire"

### Bloomington Humanities

#### "The Beatles, Part IV"

This class continues from last month. Guest instructor Jamie Acres covers the second part of *The Beatles* (White Album), *Abbey Road*, and *Let It Be*. Jamie's courses on the Beatles are becoming legendary in Bloomington for her depth of knowledge, enthusiasm, and great presentations

Tuesdays, 7:00—9:00 p.m., Chapel

\*Please note there will be no class on Tuesday, February 14.

### Introduction to Islam

This class continues from last month. Guest instructor Ramsay Harik, who holds degrees in Religious Studies from IU and has a Master's in Theological Studies from Harvard presents an introduction to Islam for Americans with little or no background in the religion.

Tuesdays, February 1 and 8, 7:00—8:30 p.m. Chapel

### The New England Experiment, 1620—1693

An overview of the Puritan experiment in New England from the first settlement at Plymouth through the expansion into Massachusetts Bay Colony, Connecticut, Rhode Island, and contiguous settlements, and ending with the Salem witch trials of 1692—1693.

6 Wednesdays, February 22, March 1, 8, 22, 29, and April 5, 7:00—9:00 p.m., Chapel

# Out & About

## Stage Performances [\$]

**Rodelinda** at The MAC  
Saturday, February 4, Depart at 7:00 p.m.

**The Duchess of Malfi** at the IU Theatre  
Tuesday, February 7, Depart at 7:00 p.m.

**Into the Woods** at the IU Auditorium  
Wednesday, February 8, Depart at 7:30 p.m.

**The Legend of Georgia McBride** at the Waldron  
Saturday, February 11, Depart at 1:30 p.m.

**Mamma Mia!** At the IU Auditorium  
Thursday, February 23, Depart at 7:30 p.m.

**Peter Grimes** at The MAC  
Saturday, February 25, Depart at 7:00 p.m.

**The Tempest** at the IU Theatre  
Tuesday, February 28, Depart at 6:45 p.m.

## Musical Performances

**IU Jazz Social Jam** at The Players Pub  
Features student jazz groups from the IU Jacobs  
School of Music  
Friday, February 3, Depart at 4:30 p.m.

**ChoralFest: A Concert of Choral and Organ Music** at Auer Hall  
Friday, February 3, Depart at 7:30 p.m.

**University Orchestra** at The MAC  
Sunday, February 5, Depart at 2:30 p.m.

**Brent Wallarab Jazz Ensemble** at The MAC  
Monday, February 6, Depart at 7:30 p.m.

**Asaf Zohar with Atar Arad Faculty/Guest Recital**  
at Auer Hall  
Tuesday, February 7, Depart at 7:30 p.m.

**Concert Band and Symphonic Band** at The MAC  
Tuesday, February 7, Depart at 7:30 p.m.

**Concert Orchestra** at The Mac  
Wednesday, February 8, Depart at 7:30 p.m.

**"Embraced by the Second Viennese School, Act V"  
Faculty/Student Chamber Music Recital** at  
Auer Hall  
Sunday, February 12, Depart at 3:30 p.m.

**Tom Walsh Jazz Ensemble** at The MAC  
Monday, February 13, Depart at 7:30 p.m.

**Douglas Reed with Eric Reed Faculty/Guest Recital**  
at Auer Hall  
Tuesday, February 14, Depart at 7:30 p.m.

**Wind Ensemble** at The MAC  
Tuesday, February 14, Depart at 7:30 p.m.

**University Chorale and Conductors Chorus** at  
Auer Hall  
Wednesday, February 15, Depart at 7:30 p.m.

**Symphony Orchestra** at The MAC  
Wednesday, February 15, Depart at 7:30 p.m.

**"Brahms: An Intimate Portrait" (Pt. 4 of 6)** at Auer  
Hall  
Sunday, February 19, Depart at 3:30 p.m.

**Concentus and Baroque Orchestra** at Auer Hall  
Sunday, February 19, Depart at 7:30 p.m.

**Emile Naoumoff, Piano** at Auer Hall  
Monday, February 20, Depart at 7:30 p.m.

**Stardusters Little Big Band** at Players Pub [\$7]  
Wednesday, February 22, Depart at 5:15 p.m.

**PB&J Quartet** at Players Pub  
Friday, February 24, Depart at 4:30 p.m.

**Rostislav Dubinsky Memorial Concert** at Auer  
Hall  
Sunday, February 26, Depart at 3:30 p.m.

**Rob Dixon Jazz Ensemble** at The MAC  
Monday, February 27, Depart at 7:30 p.m.

**Joshua Bell and Friends** at The MAC [\$20]  
Tuesday, February 28, Depart at 7:00 p.m.  
If you would like to reserve a seat in the accessible  
Bell Trace block of seats, please take your \$20 to  
Melissa or Julie no later than Wednesday, February  
8.

## Other Events

**The Pub Quiz** at Players Pub [\$3 + dinner]  
Thursday, February 2, Depart at 5:15 p.m.

**Reading with Kindergartners**  
Friday, February 24, Depart at 9:00 a.m.

# Out and About

## 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.

**Your opportunity to go to the bank will be on Mondays at 9:15 a.m.** Please sign up with your destination in the Mail Room.

### Eastside Shopping

Monday Banking, Depart at 9:15 a.m.

Monday Shopping, Depart at 10:00 a.m.

Wednesdays, Depart at 2:00 p.m.

(No banking on Wednesdays)

## Dining Out [\$]

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

### Lunch Excursions

#### Steak -N- Shake

Wednesday, February 1, Depart at 11:00 a.m.

#### Red Lobster

Wednesday, February 8, Depart at 11:15 a.m.

#### Aver's Pizza Buffet

Wednesday, February 22, Depart at 11:15 a.m.

### Men's Lunch Excursion

This lunch is for men only! Women outnumber men by almost 3 to 1 at Bell Trace, so this is a chance for the men to bond with each other and talk about "guy stuff"!

#### The Players Pub

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

**THE SPIRIT OF** | **24**  
**INDIANA** | **sports**  
**ONE**  
**team**



## IU Athletics [\$]

Bell Trace will provide transportation to all IU home football and men's and women's basketball games.

### IU Men's Basketball

#### IU vs. Penn State

Wednesday, February 1, Depart at 5:30 p.m.

#### IU vs. Purdue

Thursday, February 9, Depart at 6:00 p.m.

#### IU vs. Michigan

Sunday, February 12, Depart at 12:00 p.m.

#### IU vs. Northwestern

Saturday or Sunday, February 25 or 26, Depart TBA

### IU Women's Basketball

#### IU vs. Maryland

Sunday, February 5, Depart at 11:30 a.m.

#### IU vs. Northwestern

Saturday, February 11, Depart at 11:30 a.m.

#### IU vs. Michigan

Thursday, February 16, Depart at 5:30 p.m.

#### IU vs. Iowa

Wednesday, February 22, Depart at 6:30 p.m.

# Special In-House Events

**DON'T MISS THIS GREAT EVENT!**

**February 14th**

**6:30—8:30 pm**

**“The Rhythm of Love”**

**A “Week Of Chocolate “ Fundraising  
Event to Benefit LifeDesigns**



***Wine Tastings by***

**← BUTLER WINERY →**



***Chocolate Delights***

***by***

***Chef Philippe Bironneau & BLU Boy Chocolate***  
***-delightful confections to sweeten your evening-***

***Hot Chocolate Bar***

***-build your own sweet drink with wonderful  
treats-***

**ENTERTAINMENT  
MUSIC-POETRY-  
DANCE-ART**

**FEATURING:**

**PIANO**

**Gary Wittlich  
& other local talent**

**POETRY**

**Jenny Kander and Friends  
Bloomington Published  
Poets**

**DANCE**

**Fred Astaire Dance Studio**

**ART**

**Mac Fleming-Photography  
Bell Trace Art Class**

**This event is FREE to  
Bell Trace residents,  
but it IS a fundraiser.  
Your donations are  
encouraged and ap-  
preciated!**

***The PUBLIC is invited.  
Tickets are \$10 for public  
admission at the door.***