

Bell Trace Newsletter

May 2015

In This Issue

Resident Services.....2-4
Celebrations5-7
Life Enrichment9-10
Out and About..... ..11

May Birthdays

Mike Hriso	1st
Meredith Meriwether	2nd
Jay Farr	3rd
Paula Mueller	7th
Richard Allen	7th
Barbara Snyder	11th
Ivonne Vanderbilt	12th
Ralph Jessup	17th
Harriet Pfister	17th
Rita O'Shaughnessey	18th
Helene Jones	24th
Danna Moore	25th
Richie Epps	29th
Nancy Beaver	31st

Birthday Party

Friday, May 1, 2:00 p.m.,
The Commons

All residents are invited to come down for cake, ice cream, balloons, and a song.

Welcome New Residents

Kenneth Pope	Apt. 278
Rosalie Williams	Apt. 252
Gina Goodman	Apt. 209
Julia Brown	Apt. 301
Barbara Snyder	Apt. 358
Virginia Andrews	Apt. 364
Mike & Phyllis Hriso	CU 509



Dearest Mothers,

As my way of saying "Happy Mother's Day" to the many mothers who may read these words, I share with you a poem that captures the truly special love that only a mother's love can be. Wishing you all a Mother's Day filled with much love and happiness...

A Mother

*A mother is one who understands the things
you say and do*

*Who always overlooks
your faults and sees the best in you*

*A mother is one whose
special love inspires you day by day.*

*Who fills your heart with
gladness in her warm and thoughtful way.*

A mother is all these and more — the greatest treasure known

*And the dearest Mother in
all the world is the one I call my own.*

Indiana University Graduating Seniors

Bell Trace would like to offer congratulations and best wishes to the following staff members who are graduating from IU this month:

Joe Mikiska—Food Service Department
Madeline McDonough—Food Service Department
Patrick Santos—Food Service Department
Nichole Dennis—Food Service Department
Ashley Hairston—Lifespan Services
Amanda Wright—Lifespan Services
Emily Greenland—Lifespan Services

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 personal attendant services to the Bell Trace community. If daily non-medical tasks become challenging, LifeSpan Personal Service 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.

Wellness Checks

Blood Pressure Clinic

Tuesdays, 9:45—10:15 a.m.,
2nd Floor Game Tables

Hearing Aid Checks & Cleaning

Wednesday, May 13, 3:30—4:30 p.m.,
Private Dining Room

Podiatrist Visit with Dr. Ryan Jorgenson

Wednesday, May 6, 8:30—10:00 a.m.
Sunroom [Assisted Living Residents]

Wednesday, May 6, 10:00a.m.—12:00 p.m.
2nd Floor Lounge [Independent residents]

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

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.

Spring Cleaning

Cottage window washing is scheduled to start on Tuesday, May 12.

Resident Services

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

Gift Certificates are available!

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 2nd Floor Lounge to meet with customers and answer questions.

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

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.

Monroe County Library

Bookmobile Visit

Wednesdays, 11:30 a.m.—12:30 p.m. under the 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.**

Door to Door Service

If you are unable to navigate the steps of the Bookmobile the library will deliver and pick up materials to your home once a month. The selection of materials available includes large print, regular print, audiobooks, magazines, music CDs, and movies. If you are interested in this service please see Julie Hill or Melissa Davis in the Life Enrichment Department.

Recycling

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.

Give and Take Day

Tuesday, May 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

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.

Activity Chat with Joy, Julie, and Melissa

Wednesday, May 6, 3:30 p.m., The Commons

Assisted Living Chat with Joy

Friday, May 15, 3:30 p.m., Sunroom

Apartment Chat with Joy

Wednesday, May 20, 4:00 p.m., The Commons

Cottage Chat with Joy

Tuesday, May 26, 10:00 a.m., The Commons

Resident Committee Meetings

Resident Council

Tuesday, May 5, 1:30 p.m., Bistro Alcove

Garden Committee

Friday, May 8, 10:30 a.m., Sunroom

If you are interested in plants, birds or anything outside, please join us.

Hospitality Committee

Wednesday, May 13, 1:30 p.m., Community Room

The Hospitality Committee's purpose is to help new residents easily transition to living at Bell Trace. Please come to the meeting if you'd like to volunteer to show a new resident the ropes!

Library Committee

Friday, May 15, 1:30 p.m., Library

Newcomers Meeting

Tuesday, May 19, 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 start meeting people and learn the ropes. Refreshments are served.

Support Groups

Family Support Group

Thursday, May 21, 4:00 p.m. Sunroom

Parkinson's Support Group

Friday, May 22, 1:30 p.m., Community Room

Dance for Parkinson's

Friday, May 8, 1:30 p.m., The Commons

All are invited to join in this fun hour with students from the dance department at Indiana University.

Religious Service

Church Services

Sundays, 4:00 p.m., Chapel

Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

Catholic Service

Fridays, 11:00 a.m., Chapel

Sabbath Candle Lighting

Fridays, 4:30 p.m., Chapel

Senior Mass & Luncheon at St. John the Apostle Church

Wednesday, May 27, Depart at 9:30 a.m.

Join residents from other senior living communities in the area for a mass and luncheon. Please sign up in the Mail Room **by May 13th** for transportation.

Safety Tips

- Please do not use throw rugs in your apartment, as they are a trip hazard.
- Remember to always lock the brakes on your walker when using it as a seat, or when rising from a seated position.

Holidays and Celebrations

May Birthday Party

Friday, May 1, 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.

Mother's Day Brunch [\$]

Sunday, May 10, 11:15 a.m.—1:30 p.m., Bistro

*Happy
Mother's
Day!*

*Join us for
Mother's Day Brunch
Sunday, May 10th
11:15 a.m. to 1:30 p.m.*

Menu

*Fresh Herbs Shrimp Salad
Prime Rib au jus
Zesty Mashed Potatoes
Strawberry Lemon Curd Tartlet*

Price \$17.50

*Please make reservation
with Cris Jones by Tuesday, May 5th*

*Reservations will close on
May 5th at 4 p.m.*

Holidays and Celebrations continued

IT'S HUG A NURSE WEEK!

We will be celebrating **National Nurses Week** in May from the 11th to the 15th. The nurses are bringing in baby photos of themselves and we will have a beautiful baby contest.

Photos will be displayed in the Mail Room on the First Floor beginning May 8th. Anyone may vote—employees or residents. You can cast your vote by placing the number on the photo on your ballot. Voting will end the morning of the 15th and we will announce the winner and reveal the identity of the babies at a later date.

“Supported by the American Nurses Association, **National Nurses Week** celebrates nurses and their role in society. The week also helps to raise awareness about nursing as a possible career choice and also to educate the public about the kind of work nurses are involved in.

The week celebrates the legacy of Florence Nightingale, a nurse who became famous for treating wounded soldiers during the Crimean war, and for her work in establishing nursing as a profession in its own right. Florence was affectionately known as 'The Lady With the Lamp'; she made a lot of her ward rounds at night whilst carrying a lamp. Florence Nightingale founded a nursing school in 1860, providing the first type of professional nursing establishment in the world.

Traditionally, **National Nurses Week** begins on the 6th of May and finishes on the 12th of May each year to coincide with Florence Nightingale's birthday (May 12th). The American Nurses Association (ANA), sponsors of National Nurses Week, have promoted and supported the nursing profession since 1896”.

May is Older Americans Month and in Bloomington we celebrate it with a **Creative Aging Festival** all month long. This year, Bell Trace will be hosting four events throughout the month. Many of our resident artists also will be showcased at various community events. The events that Bell Trace is involved in are listed below. All events are open to the general public. Many are free, however some require a ticket. Look for festival program guides through out the building for a complete view of the festival. Transportation will be provided to those events off campus that resident artists are involved in. Please sign up in the Mail Room.

First Friday Evening Science of Art at WonderLab

Friday, May 1 from 5:00—8:30 p.m. at WonderLab
Join in an intergenerational exploration of the connections between Art and Science! Meet and talk with Brown County artist Donna Whitsitt as she demonstrates her process of creating watercolor paintings. Watercolor art by Bell Trace residents will be on display and our notecards will be for sale in the museum gift store.

Airing of the PBS Documentary Film; Arts & the Mind

Saturday, May 9, 1:30 p.m. in The Commons of Bell Trace
Episode #1 “Creativity”, features stories and the latest scientific research from experts around the country illuminating how the arts are critical in developing healthy young minds and maintaining them as we age. A discussion will be led by Julie Hill, Life Enrichment Director, immediately following the film.

Sunday, May 10, 1:30 p.m. in The Commons
Episode #2 “The Art of Connectivity”, illuminates how art is the brain’s lifeline to empathy, emotion, mental agility and healing. A discussion will be led by Julie Hill immediately following.

Aging Re-imagined; A Two-Day Symposium

Day #1

Thursday, May 14, 10:00, a.m. in The Commons of Bell Trace
Mind Body Spirit Connection, Our regularly-scheduled Adaptive Tai Chi session will be open to the general public on this day. If you have not tried it please join us to explore the ancient healing traditions of yoga, tai chi, and meditation that are combined to provide participants with an experience for enhancing their awareness of the mind, body, spirit connection.

Thursday, May 14, 3:15 p.m., in Wegmiller Auditorium at IU Health Bloomington Hospital, Bell Trace Ukulelers will warm up the audience with a few tunes prior to the **“Introduction to Moving Well”** presentation given by teaching artist and choreographer Maria Gene from Karios Alive dance programs.

Creative Aging Festival continued..

Aging Re-imagined; A Two-Day Symposium

Day #2

Friday, May 15, 11:30 p.m. at the Monroe County Convention Center

Bell Trace residents in the creative writing group will participate in a **Multi-Generational Poetry and Prose Reading**. This creative aging demonstration will warm up the audience for the Keynote lunch lecture, "The Art of Active Living" presented by Tim Carpenter, from Burbank California. Tim Carpenter is the founder EngAGE, a innovative model for senior housing—"senior artist colonies."

Friday, May 15, 1:00 p.m. at the Monroe County Convention Center

The first annual RE-market will be held in conjunction with the symposium featuring recycled, repurposed, one-of-a-kind items. Bell Trace palette paintings and crafts created in the Fiber Arts group will be on display and for sale at the market.

Thursday, May 21, 11:30 a.m. in The Commons

The Active Aging Coalition will present "**Aging: A Most Precious Gift**". This will be the topic of the monthly meeting held on the third Thursday of every month at Bell Trace.

On Exhibit at Bell Trace

We will be showcasing the photography work of Mac Fleming in The Commons this month. The official opening of the exhibit will be Wednesday May 8th, at social hour,.



For more information about the festival look for program guides throughout the building.

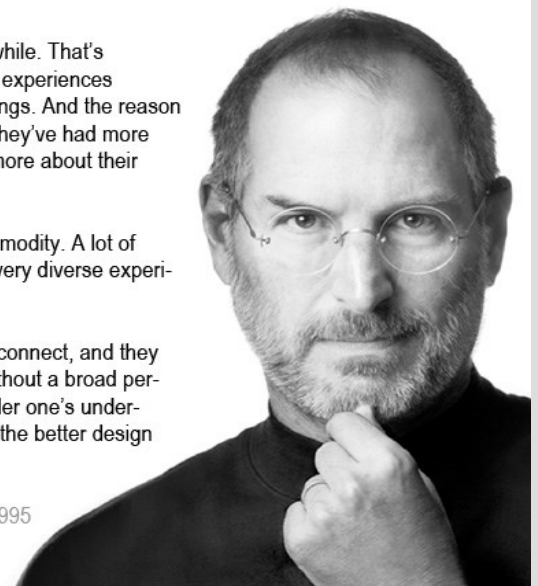
"Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something.

It seemed obvious to them after a while. That's because they were able to connect experiences they've had and synthesize new things. And the reason they were able to do that was that they've had more experiences or they have thought more about their experiences than other people.

Unfortunately, that's too rare a commodity. A lot of people in our industry haven't had very diverse experiences.

So they don't have enough dots to connect, and they end up with very linear solutions without a broad perspective on the problem. The broader one's understanding of the human experience, the better design we will have."

- Steve Jobs, Wired, February, 1995



Life Enrichment

Special Events

Curtis Pavey's Students Piano Recital and Performance

Saturday, May 2, 1:00 p.m., The Commons

Erika Barnhill's Students Piano Recital

Sunday, May 3, 3:00 p.m., The Commons

Music with Matt DeMars

Monday, May 4, 7:00 p.m., Front Lobby

Christopher & Banks Style Show

Saturday, May 16, 1:00 p.m., The Commons

Svetla Vladera's Students Piano Recital

Saturday, May 16, 4:00 p.m., The Commons

The Newmans Play Music

Wednesday, May 20, 3:00 p.m., The Commons

Celebration of Life for Suzanne Dreesen

Saturday, May 23, 10:30 a.m., The Commons

Doug Haise Plays Ragtime

Wednesday, May 27, 1:30 p.m., The Commons

Mariann Chesney "The Jewelry Lady"

Thursday, May 28, 1:00—3:00 p.m.,
Community Room

Mariann has costume jewelry for sale. Her prices are extremely reasonable. All items are either 50¢ or \$1.00.

Lifelong Learning Classes

History Tuesday with Kurt

"History of Christianity"

Tuesdays, 2:00—3:00 p.m., Chapel

History Wednesday with Kurt

"Monarchy"

Wednesdays, 3:00—4:00 p.m., Chapel
(beginning May 13th)

Science with Melissa—"The Universe"

Thursday, May 7, 4:00 p.m., Chapel,
"Spaceship Earth"

Learn how Earth was created and discover what creatures hold clues to how life began. What evil forces threaten the demise of Earth? Complex and controversial, this is the scientific detective story of all time.

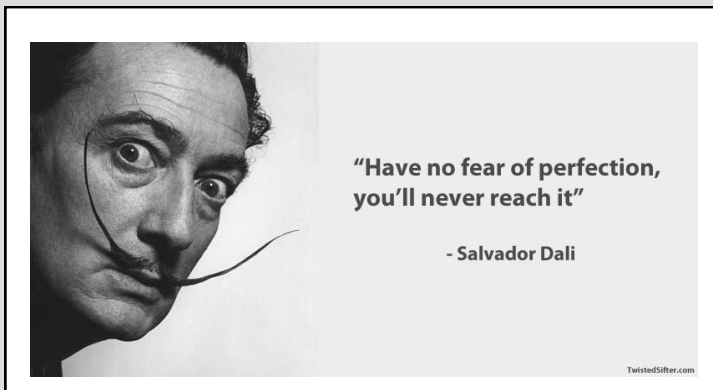
Thursday, May 14, 4:00 p.m., Chapel,
"The Moon"

The moon has comforted man for thousands of years. It's been everything from a god to a compass, and the only cosmic body human beings have ever visited. NASA is planning to build a permanent outpost there. Discover how the moon came to be—if you don't already know, you will be astounded.

Thursday, May 21, 4:00 p.m., Chapel,
"Secrets of the Sun"

Its size is almost unimaginable—one million Earths would fit within its boundaries. From sun spots to solar eclipses, solar flares to solar storms, the birth of the sun to its potential death, discover the science and history behind this celestial object that makes life on Earth exist.

Please note that our Ivy Tech classes will resume in July beginning with "De-Antiquing with Susan".



Conversations and Discussions

An in-person exchange gives us the opportunity to see and be seen by our cohorts—a seemingly small detail with significant consequences. Body language and facial expressions allow for a more nuanced understanding of a person's tone and overall message, which is key to building trust. Visual cues also engage the brain's mirror neurons, which fire when we express an emotion or when we see someone else do the same. This process, commonly referred to as empathy, helps us forge closer, more meaningful relationships, and learn more about the others and ourselves.

Coffee and Conversation

Tuesday and Thursday morning, enjoy a cup of coffee or tea with a selection of flavored creamers. 8:00 – 11:00 a.m., Bistro Alcove

Book Discussion Group

Sunday, May 17, 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

Bring a word that begins with the letter of the week (see the Daily Sheet). The group then chooses one word to discuss during the hour.

Current Events

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

Deep Listening

Monday, May 4, 7:00 – 9:00 p.m., Sunroom

Monday, May 18, 7:00 – 9:00 p.m., Sunroom

Free Thinkers (Hosted by John Crosby)

Friday, May 8, 1:30 – 2:30 p.m., Sunroom

Arts Programming

Arts & Crafts

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

This month we will begin working again with ceramics. We will be making art for the garden.

Fiber Arts

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

Creative Writing

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

Ukulele Practice

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

Shape Note Singing

Sunday, May 10, 2:00 – 4:00 p.m., Bell Trace Health and Living Center

Sunday, May 24, 2:00 – 4:00 p.m., Bell Trace Health and Living Center

Shape Note Singing is a musical practice and tradition of social singing from music books printed in "patent notes" wherein the shape of the note head indicates the musical scale fa, sol, la, etc.). If you are interested in participating please see resident Marlen Rust.

International Folk Dancing

Thursday, May 14, 7:30 – 9:00 p.m., outside the Beauty Salon on the Lower Level

Thursday, May 28, 7:30 – 9:00 p.m., outside the Beauty Salon on the Lower Level

Life Enrichment

On The Big Screen

Saturday Movie Matinee

Our Movie Matinees are generally always going to be a travel film or documentary.

Special Video Screening-"Arts and the Mind"

Please plan to stay for the discussion following the film.

Episode #1 "Creativity"

Saturday, May 9, 1:30 p.m., The Commons

Episode #2 "The Art of Connectivity"

Sunday, May 10, 1:30 p.m., The Commons

"Secrets of Archaeology" documentary series focusing on archaeological sites.

"Glorious Rome, Capital of an Empire"

Saturday, May 2, 1:00 p.m., Chapel

"Pyramids Designed for Eternity"

Saturday, May 23, 1:00 p.m., Chapel

"Athens: Western Splendor"

Saturday, May 30, 1:00 p.m., Chapel

Saturday Night at the Movies:

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

"The Hundred-Foot Journey" (2014)

Saturday, May 9, 7:00 p.m., The Commons

"Valkyrie" (2008)

Saturday, May 16, 7:00 p.m., The Commons

"Stalag 17" (1953)

Saturday, May 23, 7:00 p.m., The Commons

"The Bellboy" (1960)

Saturday, May 30, 7:00 p.m., The Commons

Exercise and Wellness Activities

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

Chair Yoga

Saturdays, 11:00 a.m., Chapel

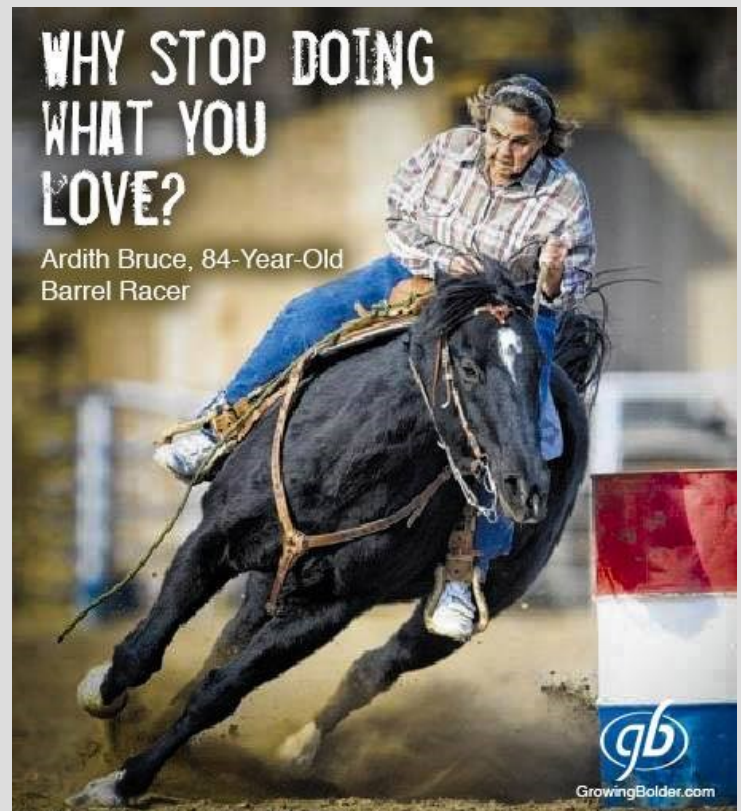
Dance for Parkinson's

Friday, May 8, 1:30 p.m., The Commons

Adaptive Tai Chi

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

Please note: The class on Thursday, May 14, will meet in The Commons.



Out & About

Cultural Excursions

Please sign up in the Transportation Book in the Mail Room. The bus will leave at the time listed. Please plan to be in the Front Lobby 5 -10 minutes before the scheduled departure time.

May Friendship Day Celebration at St. Mark's United Methodist Church [\$7]

Friday, May 1, Depart at 10:45 a.m.

First Friday Evening Science of Art: Watercolor at WonderLab [\$3.50]

There will be a display on First Friday Evening of watercolor art by residents of Bell Trace Senior Living Community, as well as a selection of their handmade watercolor notecards available to purchase in the museum gift store.

Friday, May 1, Depart at 4:45 p.m.

Quarryland Men's Chorus Spring Concert at First United Church [\$15]

Saturday, May 2, Depart at 7:00 p.m.

Bloomington Symphony Orchestra: Cosmos at Buskirk-Chumley Theater [\$15]

Sunday, May 3, Depart at 5:30 p.m.

Miller-Showers Park and Steak 'n' Shake [\$]

Enjoy the outdoors by walking the paved pathway around the park located on the north side of Bloomington or relax on a bench and enjoy the waterfall. We will then go to Steak 'n' Shake for half-priced milkshakes!

Friday, May 8, Depart at 1:00 p.m.

Farmer's Market

Saturday, May 9, Depart at 10:00 a.m.

Saturday, May 23, Depart at 10:00 a.m.

50+ Expo at Twin Lakes Recreational Center

Wednesday, May 13, Depart at 3:30 p.m.

Cultural Excursions continued

Multi-Generational Poetry and Prose Reading at CAF Symposium [\$]

Friday, May 15, Depart at 10:45 a.m.

Time Travels Event [\$]

Friday, May 15, Depart at 7:00 p.m.

Cincinnati Boychoir—"Trumpets! Drums! Voices!" at Auer Hall

Sunday, May 17, Depart at 2:30 p.m.

Picnic Lunch and Wine Tasting at Oliver Winery [\$5]

Bring a box lunch from the Bistro to eat on the beautiful grounds of Oliver Winery.

Friday, May 22, Depart at 11:00 a.m.

Stardusters Concert at The Players Pub [\$]

Wednesday, May 27, Depart at 5:00 p.m.

Bleeding Heartland Roller Derby at Frank Southern Ice Arena [\$15]

Come watch Bloomington's very own BHRD and some hard-hitting, roller derby action as they go head to head with the Southern Illinois Roller Girls!

Saturday, May 30, Depart at 6:30 p.m.

IU Baseball Games [\$]

IU vs. Long Beach State

Saturday, May 9, Depart at 3:20 p.m.

IU vs. Ohio State

Saturday, May 16 Depart at 12:20 p.m.

Election Day

Election Day is Tuesday May 5. We will provide transportation to the polls. Please sign up in the Mail Room and indicate where your polling site is.

Out & 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.

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. Sign up with your destination in the Mail Room.

Grocery Shopping Only on Fridays,
Depart at 10:00 a.m.

Be Prepared!

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 [\$]

A minimum of four residents is required for all dining out excursions.

Lunch Excursions

The Windjammer Grill at Fourwinds Resort and Marina

Wednesday, May 6, Depart at 11:15 a.m.

Smokin' Jacks

Wednesday, May 13, Depart at 11:15 a.m.

Village Deli

Wednesday, May 27, Depart at 11:15 a.m.

Men's Luncheon

Longhorn Steakhouse

Wednesday, May 20, Depart at 11:15 a.m.



Lights Out

One hundred years on and still the shout
"Everyone put your lights out"
Just for an hour from 10 to 11
And remember all those souls in heaven

One hundred years and still the cry
The perennial unanswered questions
"why?"
Is there a need in this hour of deed
For any to ignore or not to heed?

One hundred years, million dead
In battles, wars and street of dread
Trenches then, now car bombs blast
Tearing at families left aghast

One hundred years—again LIGHTS OUT
Not one city but the country throughout
Is this too much to ask ourselves
For those who died through bayonet
and shells?

Lights out and let us honor our dead
Light a single candle in room or shed
Remember those terse words upon us yet

Lest we Forget—lest we forget!"

Anonymous