



Bayley Access Insider

All Programs and Events are Open to the Public.

February 2012

A Sweet for Your Sweet



Along with Cupids, hearts and flowers, one thing is synonymous with

Valentine's Day: Chocolate. With planning, chocolate can fit healthfully into anyone's **Valentine's Day** plans. Eat chocolate in small portions since calories add up.

Remember, candies are add-ons to eating plans, not central parts to a healthful eating plan. Don't substitute these treats for other foods with greater nutritional

value. And yes, chocolate can provide some health benefits; the darker the chocolate the better. **Dark chocolate** contains phytochemicals that may aid in the prevention of heart disease and may decrease the effects of sugar on your teeth. Still, chocolate is not health food. Enjoy it in moderation.

Produced by ADA's Public

Do you have any Tax or Medicare Questions?

Steve Schott & Russ Brown

Thursday, February 23

2:30-4:00 p.m.

Steve Schott CPA Firm, will give their expertise on taxes, along with Russ Brown Financial Services, who will offer their insights on Medicare and Medicaid.

Bring any questions you may have! For more information please call Donna at 347-5510.

Fitness Club Updates



February is American Heart Month, choose a fitness goal for the month and post your goal heart in the fitness center.

See Fitness Staff for assistance!

Perfect Valentine's Day Gift...Massage

Choose from a variety of different options!

Gift Certificates are available.

-Neuromuscular Therapy

-Trigger Point Therapy

-Deep Tissue

-Swedish Massage

See Front Desk for more information!

Facility Closings

In the event we experience extreme snow, please call the Front Desk at 347-1400 to check for facility closings. We will keep the answering service updated. Thank you!



Village Open House

February 11

12:00-5:00 p.m.

Enjoy the snow— without the shovel. In the Village at Bayley, your sidewalks are cleared before you even think about it and all your maintenance is taken care of. Come to, The Village Open House, on the date listed above and take a tour of one of our beautiful Village models. For more information please call Dean at 347-5520.

“Life is like a box of chocolates. You never know what you're gonna get.” If you know the answer to this quote come to the Bayley Village Open House for a chance to win your own “box of chocolates.”

bayleylife.org

Questions or comments? E-mail us at donna.wiechert@bayleylife.org or call 513.347.5510
If you don't receive our newsletter via e-mail and would like to, please notify the front desk.

401 Farrell Ct. | Cincinnati, Ohio 45233 | Fitness: 513.347.1400



Bayley Be Connected Members receive a 20% discount on any fee-based programs.

ONGOING PROGRAMS

Bayley Be Connected Membership

A connection to new experiences, reliable services, and a community that promotes life-long wellness and independence. Call Donna at 347-5510 for more information.

Blood Pressure Screenings

Bernens Medical & Pharmacy provides free blood pressure screenings Monday-Friday from 1:00-4:00 p.m. at the Bayley Community Wellness Center.

February

Spiritual Series: Dealing with Loss

Thursday, February 9 1:30-3:00 pm FREE

Join Susan Haumesser from Pastoral Care at the Bayley Community Wellness Center where she will discuss the difficulty of loss and how you can deal with it. Also, Susan will talk about healing touch and how it can help you deal with life. For more information please call Donna at 347-5510.

Village Open House

Saturday, February 11 12:00-5:00 pm FREE

If you missed our open house in January you still have a chance to take a tour of one our Village models. For more information please call Dean at 347-5520.

Do You Have Any Tax or Medicare Questions?

Thursday, February 23 2:30-4:00 pm FREE

Steve Schott CPA Firm, will give their expertise on taxes, along with Russ Brown Financial Services, who will talk about Medicare and Medicaid. For more information please call Donna at 347-5510.

March

Spiritual Series

Thursday, March 8 1:30-3:00 pm FREE

Sister Ann Ryan will be giving a spiritual series presentation at the Bayley Community Wellness Center. Sr. Ann will be reviewing the changes in religious life and church since Vatican II to the present. For more information please call Donna at 347-5510.

Heath Talk

Tuesday, March 13 1:00-2:00 pm FREE

Join Dr. Tittle for a health talk at the Bayley Community Wellness Center on "How to Increase and Maintain Your Energy, Vitality and Youth". For more information please call Donna at 347-5510.

AARP Driver Safety Program

Wednesday, March 28 10:00 am-3:00 pm \$12.00 for AARP Members, and \$14.00 Non-members (checks payable to AARP)

Come to a ONE day driver safety classroom refresher course at the Bayley Community Wellness Center. For more information please call Donna at 347-5510.

M.Y. Card Creations

Thursday, March 29 6:00-8:00 pm \$14.00*

Mary Young from M.Y. Card Creations will be at the Bayley Community Wellness Center to provide you with instructions on how to personalize your own cards. Supplies and instructions is included in the \$14 fee. For more information please call Donna at 347-5510.

April

Easter Basket Decoration

Tuesday, April 3 6:30-8:30 pm \$20.00*

Petals N Glass Boutique will assist you in creating a beautiful Easter basket centerpiece at the Bayley Community Wellness Center. This program includes all supplies and hands-on instructions. Registration and payment must be received by March 27. For more information please call Donna at 347-5510.

Delhi Police Presentation

Wednesday, April 18 1:00-2:30 pm FREE

LT. Jeff Braun, from the Delhi Police Department, wants to keep their citizens safe. Learn about the safety precautions & preventions you can take in and outside your home. Also, LT. Braun will give you an insight on what the Delhi Police Department is doing to keep the community safe. For more information please call Donna at 347-5510.

Bernens Medical & Pharmacy

February

Do you need a prescription medication, but the winter weather is preventing you from picking it up? Banish your worries because Bernens Pharmacy offers free prescription medication delivery services daily! We also, accept most insurances.

Monday - Friday 1-4 pm

Call today 347-1450 for a hassle free transfer and see what all Bernens has to offer.

Delhi Events

Delhi Library

Author Phil— 1937 Cincinnati Flood ~ February 21
College of Mount St. Joseph FREE
Chard Arnow, Trobone Recital: February 7 ~ 7:00 p.m. ~ Recital Hall
Faculty Recital: February 21 ~ 7:00 p.m. ~ Recital Hall
Jazz Ensemble: February 22 ~ 7:00 p.m. ~ Recital Hall

