



All Programs and Events are Open to the Public.

January 2012

Winter Workouts

Winter weather keeping you indoors? Don't let the cold months of winter be an excuse to cut back on your exercise routine. Consider these calorie-burning indoor activities when it's just too cold to be outside:

- Walk around your local mall
- Take the stairs whenever possible
- At work, walk around your building's hallways during your lunch or coffee break.
- Watch and follow an exercise video or DVD rather than a movie.

Cold weather doesn't mean you have to say good-bye to all outdoor activities. Besides, why should kids have all the fun in the winter?

- Build a snowman
- Have a snowball fight
- Go ice skating



Produced by ADA's Strategic Communications Team



Village Open House

January 28 & February 11
12:00-2:00 p.m.

Do you need help with snow removal? In The Village all your winter worries are taken care of. Come to The Village Open House on the dates listed above and take a tour of one of our beautiful Village models. Also, we'll have hot chocolate and cookies available at the model. For more information please call Dean at 347-5520.

New Year's Resolution– Eat Healthier

Tuesday, January 10
10:30 a.m.-12:30 p.m.



Pull out your handy dandy cookbook and bring in some of your easy to learn healthy **recipes** to share and discuss at the Bayley Community Wellness Center. For more information please call Donna at 347-5510.

Fitness Club Updates

Facility Closing Due to Inclement Weather

Members should watch local television stations for closings or call 513.347.1400 before attempting to come to the Fitness Club. The voicemail will be updated with closing information.

2012 New Year's Resolutions

Remember to record your 2012 New Year's Resolutions! If you need assistance with this, the Fitness Staff are here to help! Appointments for fitness routine reviews, new programs, & fitness testing can be made at the Front Desk. The Fitness Club would like to wish you all the best this New Year!



New Year New You

Fitness Challenge- January 1-February 29

Do you want to make a difference in your fitness level in 2012? Is weight loss a personal goal for you? Are you a competitive individual?

If you answered yes to any of the above questions, then this Fitness Challenge is for you! For more details see the Fitness Staff.

Make a difference in your health in 2012!



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* Tax Included for programs

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.

January

Healthy Recipes

Tuesday, January 10 10:30 am–12:30 pm FREE

Eating healthier could be your 2012 New Year's Resolution.

Join us at the Bayley Community Wellness Center where you will learn and share healthy recipes. If you would like you can bring in your own recipe for others to sample. For more information please call Donna at 347-5510.

Personalize Your Own Hallmark Card

Thursday, January 19 6:00-8:00 pm \$14.00*

Make your own personalized card at the Bayley Community Wellness Center. Price includes all supplies and instructions. For more information please call Donna at 347-5510.

Basic Computer Presentation

Wednesday, January 25 1:00-3:00 pm FREE

Betty Olding will give a presentation at the Bayley Community Wellness Center on how to use basic computer skills. Please call Donna at 347-5510 to reserve a spot by January 18.

Village Open House

Saturday, January 28 12:00-2:00 pm FREE

Come to The Village Open House and take a tour of one of our beautiful Village models. We'll also have hot chocolate and cookies available at the model. For more information please call Dean at 347-5520.

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 12:00-2:00 pm FREE

If you missed our open house in January you still have a chance to take a tour of one our Village models. Hot chocolate and cookies will be available at the model. For more information please call Dean at 347-5520.

March

Spiritual Series

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

Join Sister Ann Ryan for a spiritual series at the Bayley Community Wellness Center. For more information please call Donna at 347-5510.

Health 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.



Bernens Medical & Pharmacy

January

Check out our new website at www.Bernens.com for specials and health information.

Also, as the weather starts to get frightful, don't forget that Bernens delivers all prescription medications with no associated delivery fee! Transfer your prescriptions now! Stop in to Bernens at the Bayley Community Wellness Center for an easy transition to our pharmacy!

Monday - Friday 1pm – 4pm.

For more information call us at 347-1450.

Delhi Events

Delhi Library

Weathering Winter story time adults: January 10

Motherhouse

Pottery Class: January 7, 14, 21 ~ 9:00 am-12:00 pm

Centering Prayer: January 11, 25 ~ 4:00-5:00 pm

Stitching the Spirit: January 19 ~ 9:30 am-3:00 pm

Bridges to Contemplative Living with Thomas

Merton: January 22 ~ 1:00-4:00 pm

College of Mount St. Joseph

The Saint John's Bible: January 31 ~ 7:30-9:00 pm

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.

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