



The Wellness Center Insider

All Programs and Events are Open to the Public.

December 2011

Meet Thy Neighbor

December 2, 2011

12:00 p.m.



The new year is almost here and making a new friend could be your Christmas gift this year! We would like to introduce you to our neighbor Wesley Community Services and in return we would like to meet your neighbor (friend/relative). If you bring a neighbor you will receive a chance to win a door prize. Lunch will be provided. First come first serve basis. For more information please call Donna at 347-5510.

Want to Get Creative for the Holidays?

Here is a chance to create your own Centerpiece!

Join Petals N Glass at the Community Wellness Center on Tuesday, December 13, from 6:30-8:30 pm. They will help you create your own Christmas centerpiece. The cost is \$16.00 (including tax), which also includes the supplies & instructions. Registration and payment must be received by 12/9. For more information please call Donna at 347-5510.



Fitness Updates

Save the date-Fitness Club Member Holiday Dinner Wednesday December 7th 5:00-7:00 p.m.

Please bring the following according to the first letter of your last name:

A-R Side Dishes

S-Z Desserts

If you plan to attend the dinner you must RSVP by November 30th at the front desk or call 347.1400 to make a reservation.

Holiday gift exchange: Bring a \$5 gift and participate in our gift exchange!

Get your holiday shopping done early! Purchase a 5 or 10 package of Personal Training Sessions and get your second package 50% off!

Door Prize: Treat yourself to a gift this year! To receive a free ticket, bring a name and address of a friend/relative who would like information about Bayley.

Bayley Village Christmas Open House

December 3, 2011

12:00-2:00 p.m.



Join us at the Bayley Village Open House and take a tour of one of our beautiful Village models. Get in the holiday mood, we'll have hot chocolate and Christmas cookies available at our Village model. You will also have the chance to win a Bayley Fitness Club Membership and Kindle if you fill out a form at the Bayley Community Wellness Center and bring it with you to the open house. For more information please call Dean at 347-5520.

Bayley Be Connected Presentation

Come to our next BBC Presentation on December 21 @ 2:00 p.m. Pre-registration is required. For more information please call Donna at 347-5510.

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



All Programs and Events are Open to the Public.

* 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 information. **Information session (12/21) at 2:00pm, Bayley Community Wellness Center.**

Blood Pressure Screenings

FREE

HomeWell Senior Care provides free blood pressure screenings on the fourth Tuesday 11am-12:30 pm at the Bayley Community Wellness Center in the Homewell office on the bottom floor.

December

Meet Thy Neighbor

Friday, December 2

12:00 pm

FREE

We would like to introduce you to our neighbor Wesley Community Services and in return we would like to meet your neighbor (friend/relative). For more details refer to the front of the insider or call Donna at 347-5510.

Bayley Village Christmas Open House

Saturday, December 3

12:00-2:00 PM

FREE

Come to the Bayley Village Open House and take a tour of one of our beautiful Village models. We'll have hot chocolate and Christmas cookies available at the model. For more details refer to the front of the insider or call Dean at 347-5520.

Healthy Holiday Recipes

Tuesday, December 6

10:30 am -12:30 pm

FREE

Make your Christmas dinner healthier this year! Learn a new recipe and bring one of your own to share. For more information please call Donna at 347-5510.

Influenza and More

Tuesday, December 6

1:00-3:00 pm

FREE

Speaker, Judy Bausher M.D. will be giving a free talk on influenza at the Bayley Community Wellness Center. Learn about the history of Influenza, how we can prevent it, and what the future may hold. For more information please call Donna at 347-5510.

Old Fashioned Christmas High Tea

Friday, December 9

1:30-3:00 pm

\$20.00* (\$16.00* for Bayley Be Connected Members)

All are invited to an Old Fashioned Christmas High Tea at the Bayley Community Wellness Center. **Hurry only a few tickets left!** No phone sales are accepted. For more information please call Karen at 347-5514.

Create Your Own Centerpiece

Tuesday, December 13

6:30-8:30 pm

\$16.00*

The holidays are approaching and last thing we want is our table at Christmas to be dull. Join Petals and Glass to make your own centerpiece. For more details refer to the front of the insider or call Donna at 347-5510.

January

Personalize Your Own Hallmark Card

Thursday, January 19

6:00-8:00 pm

\$14.00*

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

Bernens Medical & Pharmacy

HEART HEALTH

Do you have high blood pressure?

High blood pressure is a symptomless condition that affects one in three adults in our country. If left untreated, high blood pressure over time will increase your risk for having a stroke, heart attack, and kidney damage. Helpful ways to control your blood pressure include, eating a better diet, enjoying regular physical activity, maintaining a healthy weight, managing stress, avoiding tobacco smoke, complying with prescription medications, and limiting alcohol. Be proactive about your high blood pressure by taking your own blood pressure and maintaining a diary with your recordings. Make sure to bring this to your doctor's visits. Consider participating in a local 5K walk (5K = 3.1 miles) to promote heart healthy habits!

Stop in to Bernens to get a blood pressure monitor!

Mention this ad and receive 15% off the purchase of a blood pressure monitor in the month of December!

For more information call us at 347-1450.

Holiday Gift Certificates

Holiday gift certificates are available for the Bayley Be Connected memberships and the Fitness Center. Give the gift of health this holiday season. Gift certificates are available for Personal Training Sessions, Fitness Assessments, and Group Exercise Class punch cards; Massage Therapy, as well as membership opportunities.

For details see the Front Desk!

Delhi Events

Music at the College of Mount St. Joseph

FREE

Faculty Recital: December 1 ~ 7:00 pm ~ Recital Hall

Student Recital: December 2 ~ 7:00 pm ~ Recital Hall

MCCB: December 4 ~ 2:00 pm ~ Theatre

Cincinnati Metropolitan Orchestra: December 4 ~3:00 pm ~Seton High School

Delhi Christmas Parade– December 3~ 9:30 am

bayleylife.org

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