



"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."
Nathaniel Hawthorne

Dear Fitness Friends,
October brings crisp air, colorful changing leaves, and cozy routines that inspire fresh personal goals. Use the change in the weather as a natural pause to reflect on your habits and reset your daily routines. Focus your energy on personal growth and finding joy in simple, everyday comforts like warm drinks and cool evenings walks.

Yours In Wellness,
Bayley Wellness Staff



America 250 Dulcimer Concert

Enjoy an engaging dulcimer concert that brings American history to life through music and storytelling. This program traces the development of our country from its beginnings on the East Coast to its westward expansion and the many stages of growth along the way. Through traditional songs, historical insights, and audience interaction, participants will experience the rich musical heritage that reflects America's journey while enjoying an entertaining opportunity to learn, connect, and share in a unique cultural experience. **October 12 1:00-2:30pm**

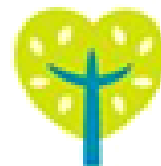
Bayley Art Collective: Mary Mark

Mary Mark is an accomplished painter and printmaker whose lifelong passion for art evolved into a distinguished career spanning decades. Mary has explored a remarkable range of artistic mediums, including hand made paper, etchings, monoprints, oil pastels and her beloved linoleum block prints. Known for vibrant use of color, intricate patterns, and imaginative compositions, Mary brings together artistic precision and artistic expression. We invite you to experience her beautiful collection downstairs in the Wellness Center and celebrate a lifetime devoted to creativity and the arts. **October 4– November 18**

Please Be Considerate When Parking

Parking in the circle is for handicapped use only. Other spaces are for Adult Day transportation and emergency vehicles. Extra parking is behind the building and in the lower lot. Please do not park on Mattingly Street or in the La Casa del Sol parking lot (unless attending a class.) Walking to and from the building adds a little more exercise to your day. Thank you!

401 Farrell Court
Cincinnati, OH 45233
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www.BayleyLife.org



Bayley

Upcoming Events

Oct 4—Nov 18: Bayley Art Collective
Featuring: Mary Mark

October 12: America 250
Dulcimer Concert 1:00-2:30pm

October 22: Volunteer Fair 1:30-3:30pm

October 31: Happy Halloween!

Breast Cancer Awareness Month



Each October, people across the country unite to raise awareness and support for the millions of people affected by breast cancer. Breast Cancer Awareness Month (BCAM) reminds us that awareness is important—but it's our actions that save lives.

Mary Magdalene House

Mary Magdalene House provides showers, clothing, and resources for people experiencing homelessness in downtown Cincinnati. As guest numbers rise and temperatures lower, they need donations of gently used or new blankets, gym shoes, new boots.....new socks. Thank you!

Hello October

- O**ne of the best things you
- C**an do for yourself is
- T**aking time to learn and grow.
- O**nce you give yourself patience, you
- B**ecome your best friend. And the
- E**mpathy, self-kindness and
- R**esilience are what you need to grow





Sound Healing: Ancient Harmony to Modern Medicine

Explore how sound is being used across an expanding range of applications, from childbirth to advanced age, illness to wellness, and stress management to inspiration.

Thursday, October 1st 2 - 3 pm [La Casa del Sol]

Strong for Everyday Living

Gain practical skills to help maintain independence, prevent injuries, and move with greater ease every day.

Fridays, Oct 2-23 10:00 - 11:00 am

[Bayley at Green Township]

Brain - Body Connection: Small Habits Add Up

Learn what normal cognitive aging looks like, recognize changes in cognitive function, and discover practical strategies to support long-term brain health.

Mondays, October 5-26 12:30 - 1:30 pm [La Casa del Sol]

Legal and Financial Planning in Retirement

Designed to help retirees navigate the important legal and financial decisions that come with retirement. Such as wills, trusts, powers of attorney, healthcare directives, Medicare and Medicaid.

Wed, Oct. 7 10 - 11 am & Oct 14 10 - 11:30 am

[La Casa del Sol]

Volunteer Fair

Discover meaningful ways to give back during this panel presentation featuring representatives from a variety of Cincinnati-area volunteer organizations.

Thursday, October 22 1:30 - 3:30 pm [Bayley Wellness Center]

Zentangle: Harvest Gnome

Create a charming gnome on a 5-inch square tile while learning how to draw the character, master four to five Zentangle patterns, and apply wallpaping and border shading techniques. No prior art experience needed. Supplies provided.

Friday, October 23 1:00 - 3:30 pm [Bayley Wellness Center]



Pumpkin

Fun Facts

- ◆ The word "pumpkin" comes from the Greek word *pepon*, which means a "large melon."
- ◆ Pumpkins originated in Central America.
- ◆ Pumpkins are actually a fruit. Many people think it should be our national fruit.
- ◆ Pumpkin is also a squash, a member of the *Curcubita* family.
- ◆ The yellow-orange flowers that bloom on the pumpkin vine are edible.
- ◆ Pumpkin seeds taste great roasted and contain medicinal properties.
- ◆ Native Americans grew and ate pumpkins and their seeds long before the Pilgrims reached this continent. Pilgrims learned how to grow and prepare pumpkins from the Native Americans.
- ◆ Pumpkin was most likely served at the first Thanksgiving feast celebrated by the Pilgrims and the Native Americans in 1621.
- ◆ The earliest pumpkin pie made in America was quite different than the pumpkin pie we enjoy today. Pilgrims and early settlers made pumpkin pie by hollowing out a pumpkin, filling the shell with milk, honey and spices and baking it.
- ◆ Early settlers dried pumpkin shells, cut them into strips and wove them into mats.
- ◆ Pumpkin has been prepared in a variety of ways from soups to stews to desserts since the immigration of the first European settlers.
- ◆ The "Pumpkin Capital of the World" is Morton, Illinois. Home of Libby's pumpkin industry.
- ◆ The state of Illinois grows the most pumpkins. It harvests about 12,300 acres of pumpkins annually.
- ◆ The latest U.S. record (2019) for the largest pumpkin ever grown weighed in at 2,517.5 pounds by Karl Haist of Clarence Center, New York.
- ◆ Pumpkins were once considered a remedy for freckles and snakebites.
- ◆ Natural medicine practitioners have proven that consuming pumpkin seeds reduces the risk of prostate disorders in men.

