



"It is now May. It is the month wherein nature hath her fill of mirth and the senses are filled with delights. I conclude it is from the Heavens, a grace, and to Earth, a gladness."
 – Nicholas Breton

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Dear Fitness Friends,
 Joseph Pilates said, "It's the mind itself which builds the body." In other words, the mind guides the body. The mind-body connection is remarkable, and strengthening it is essential to good health. As you exercise today, notice the sensations of movement in your body. How does your body feel as you move? Exercising with intent and focus strengthens the mind-body connection creating greater awareness and greatly improving your results. Think about it!

Yours In Wellness,
 Bayley Wellness Staff



IN AN EFFORT TO MAKE SIGNING UP FOR CLASSES SMOOTHER, BEGINNING MAY 1ST, THE FOLLOWING CHANGES WILL BE MADE:

- **Sign ups** for classes will open 72 hours before each class starts. This change means you won't have to sign up overnight to secure a spot in popular classes.
- **Waitlist** procedures will also be updated. The 30-minute response window after a spot becomes available for waitlisted students will no longer apply. If a position opens and you are next on the waitlist, you will be automatically enrolled in the class and notified accordingly.

WITH THIS NEW PROCEDURE, IF YOU CAN NO LONGER ATTEND THE CLASS, IT IS IMPERATIVE THAT YOU TAKE YOUR NAME OFF OF THAT CLASS LIST.

Armchair Travels: Egypt



Join Bayley member Ellen Perica, as she shares her photos, stories and memorabilia of her amazing river cruise trip to Egypt.

Sign up at Welcome Desk.
Thursday, May 7 2:00pm

Upcoming Events

- ◆ April-May 16—Art Collective: Vincent Linz Photography
- ◆ May 1—New Sign Up Procedures Begins
- ◆ May 4—May Movement Challenge begins
- ◆ May 6—9:15am New Cycling Class (8 weeks)
- ◆ May 7—2:00pm Armchair Travels Egypt with Ellen Perica
- ◆ May 11—11:30am New Cycling Class (8 weeks)
- ◆ May 25—Happy Memorial Day! Hours: 6:30am-12pm No Classes!



In support of National Physical Fitness and Sports Month, we will have a May Movement Challenge. Pick up your challenge sheet at Welcome Deck on Monday May 4. Upon completion you will be entered in a Summer Fun Basket raffle.

New! Limited Edition Cycling Classes

[2] new cycling classes have been added for a limited time of 8 weeks.

Wednesdays 9:15am
[Begins May 6]

Mondays 11:30am
[Begins May 11]

MAY is Physical Fitness and Mental Health Awareness Month

To enhance physical fitness and mental health, consider these strategies:

- Engage in regular aerobic exercise, such as walking, running, or cycling, to boost mood.
- Incorporate strength training at least twice a week to improve overall well-being.
- Practice mindfulness or meditation to reduce stress and anxiety levels.
- Maintain a balanced diet rich in fruits, vegetables, and whole grains for optimal brain function.
- Ensure adequate sleep each night to support mental clarity and emotional stability.
- Stay socially connected with friends and family to foster a sense of belonging and support.

"To achieve the highest accomplishments within the scope of our capabilities in all walks of life, we must constantly strive to acquire strong, healthy bodies and develop our minds to the limit of our ability." — Joseph Pilates



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. Walking to and from the building adds a little more exercise to your day. Thank you!

Impact of Volunteering on Mental Health

- Enhances mental health by reducing feelings of depression and anxiety.
- Boosts self-esteem and confidence through skill development and achievement.
- Fosters social connections, leading to a sense of belonging and community.
- Provides a sense of purpose and fulfillment by contributing to meaningful causes.
- Encourages physical health through active engagement and movement.
- Increases life satisfaction and happiness through positive experiences and interactions.



Volunteers Needed at the Fitness Center, Adult Day, and Main Campus. Bayley takes pride in the many kind volunteers who selflessly serve our members and residents. If you'd like to be part of this ministry, please pick up a volunteer form at our welcome desk.

Have a Heart **Giving Opportunities**

SCARF IT UP (VOLUNTEER SEWERS) – Scarf it Up is a local ministry of volunteer sewers who make items for local and international ministries like Hospice, hospitals, nursing homes, and more. They use donated material and sewing notions for many of their projects. They're currently looking for new or gently used women's colored t-shirts or stretchy jersey fabric and 1/2" Velcro. Please bring donations to the box marked "Scarf it Up" in the coat room near the welcome desk. Thank you!