



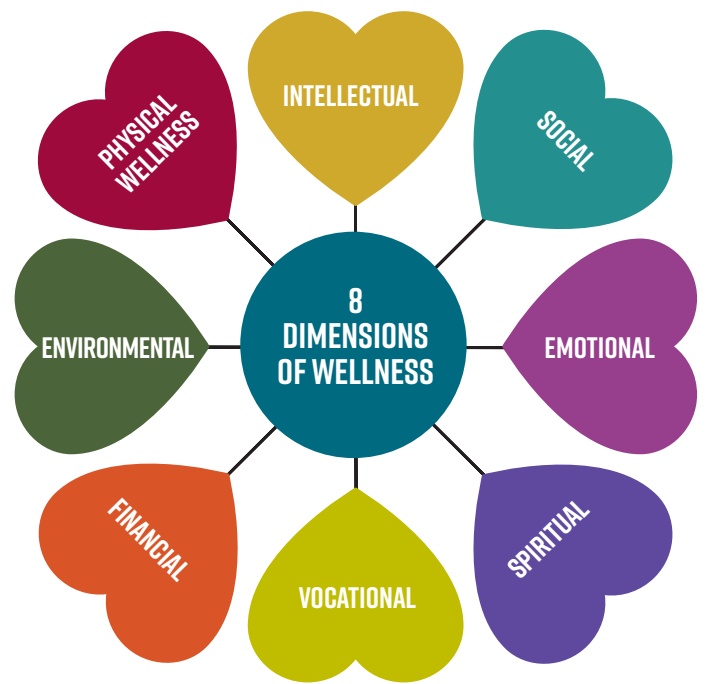
Learn something new for you!

Bayley university offers a variety of educational instruction to our Bayley Fitness Center members, Bayley Residents and Staff, Sisters of Charity, the Mount St. Joseph University, and all life long learners in the community.

At Bayley, we believe that holistic wellness includes enhancing our lives in the areas of Intellectual, Social, Emotional, Spiritual, Vocational, Financial, Environmental, and Physical Wellness.

Bayley university Spring Semester 2024/25, kicking off the last week of January, offers 3 week, 4 week, and 8 week courses, as well as 1 and 2 hour seminars. The wide variety of courses allows students to enhance their learning in the various dimensions of wellness.

Most courses have an associated fee depending on the length of the class, and whether materials are needed for the course.



Ongoing Learning

The Bayley Fitness Club also offers ongoing learning in the areas of personal training and one-on-one technology training.

Call the Wellness Center Welcome Desk at 513.347.1400 for more information.

Table of Contents

Jumpstart Your 2025.....	3
Healthy Weight Loss in the New Year and Beyond	4
The History of Delhi Township	5
Geology of the Tristate	6
Zentangle 101.....	7
Flexibility 101.....	8
The Aging Brain.....	9
Body Mechanics	10
Golf: A Game For Every Age	11
The History of Sister Blandina Segale.....	12
Zentangle Mosaic Madness	13
How Diet and Lifestyle Can Help Manage Chronic Conditions	14
Hands Only CPR & AED.....	15
Yoga-4 Ways - The Path to Enlightenment.....	16
Movement is Medicine.....	17
Sign-Up Instructions For Classes.....	18-20
La Casa del Sol Ministry Center Directions	21



COURSE OFFERING
Jumpstart Your 2025

Dimension of Wellness

Physical Wellness

TermSpring I | Tues. Feb.
4th-25th**Time/Location**1p-2p | Bayley Wellness
Center**Course Description**

This course is designed for the beginner exerciser or someone who has taken a break from exercise and is looking to get back to their regular program. Each week will focus on a different area of fitness, starting with: basic assessment, then moving into strength exercises, flexibility exercises, and strengthening your heart.

Instructor

Jaychele Charles

Instructor Bio

Jaychele has been a resident of Delhi for 12 years and employed at Bayley for eight years. She attended the University of Delaware and her medical boards are in Athletic Training. Her Master's degree is in Kinesiology from Indiana University. Jaychele specializes in rehabilitation of injury, gait and posture rehabilitation and senior life coaching. She is also an adjunct teacher at Mount St. Joseph University, is married and has five children.

Class Minimum

5

Class Maximum

12

Class Fee\$40/member
\$45/non-member**Registration Information**

- Register via the Bayley Fitness App, or
- Sign up at the Wellness Center Welcome Desk, or
- Call 513-347-1400 to register



Healthy Weight Loss in the New Year and Beyond

Dimension of Wellness

Physical Wellness

Term

Spring I & II | Tues. Feb. 4th-Mar. 25th

Time/Location

10:15a-11:15a | Bayley Library

Course Description

This course will review basic nutrition guidelines, nutrition label reading, different eating patterns, strategies for weight loss like goal setting, managing your environment, and finding balance.

Instructor

Leslie Edwards

Instructor Bio

Leslie is an Arizonan native, and completed her B.S. in Dietetics from The Ohio State University and M.S. in Kinesiology from Miami University. She is a registered dietician with a specialty in weight management, personal training, and yoga instructing.

Class Minimum

5

Class Maximum

25

Class Fee

\$40/member
\$45/non-member

Registration Information

- Register via the Bayley Fitness App, or
- Sign up at the Wellness Center Welcome Desk, or
- Call 513-347-1400 to register



COURSE OFFERING

The History of Delhi Township

Dimension of Wellness

Intellectual

Term
Spring I | Thurs. Feb.
6th-27th
Time/Location
1p-2p | La Casa del Sol
Ministry Center
Course Description

Delhi Township has a rich and interesting history, populated by many brave and hard-working people over the years. This course will cover Delhi's history over the course of four weeks. Topics will include: the first residents and the early years, the Civil War until 1885, businesses, the economic growth, and much more! A field trip will also be coordinated to visit the Delhi Historical House.

Instructor

Carolyn Meyer

Instructor Bio

Carolyn has a BA in Elementary Education from the College of Mount St. Joseph. She has taught Preschool, Elementary, and Religious Education Programs. Carolyn has always been interested in history over the years and has collected a lot of information about Delhi!

Class Minimum

5

Class Maximum

20

Class Fee
\$40/member
\$45/non-member
Registration Information

- Register via the Bayley Fitness App, or
- Sign up at the Wellness Center Welcome Desk, or
- Call 513-347-1400 to register



Bayley.U
COURSE OFFERING
Geology of the Tristate

Dimension of Wellness

Environmental

Term Spring I & II | Mon. Feb. 10th-Mar. 31st

Time/Location 2p-3p | La Casa del Sol Ministry Center

Course Description

Ohio, Kentucky, and Indiana are rich in geological treasures. For example, Ohio has a national park, amazing fossils; Kentucky houses the longest cave in the world; and Indiana's Salem limestone can be seen on the Empire State Building, Pentagon, Lincoln Memorial, and more! This course will do a deep dive on all of our Tri State's geological beauty and how it is relevant to the world around us.

Instructor Meg Riestenberg

Instructor Bio

Meg graduated with an MS in Biology from the University of Cincinnati, and with a PhD in Geology from the University of Cincinnati. Meg taught Geology, Earth Science, Botany, and Physical Science, and now volunteers at CREW – Cincinnati Zoo and Botanical Gardens.

Class Minimum 5

Class Maximum 16

Class Fee \$50/member
\$55/non-member

Registration Information

- Register via the Bayley Fitness App, or
- Sign up at the Wellness Center Welcome Desk, or
- Call 513-347-1400 to register



COURSE OFFERING

Zentangle 101

Dimension of Wellness

Vocational

Term Spring I | Fri. Feb. 28th

Time/Location 2p-4p | Bayley Library

Course Description

Zentangle is a method of drawing using structured repeating patterns called “tangles”, unlocking your creative spirit. Participants will learn about the creators and history of this unique drawing method and learn five basic tangles (patterns) to get started. Through the easy-to-learn Zentangle method, participants can relax, focus, expand their imaginations, increase an overall self of well-being, and even find healing in creative expression. There are no prerequisite drawing skills needed; anyone who can hold a pen can enjoy Zentangle one stroke at a time. All materials are provided.

Instructor Wendy Gray

Instructor Bio

Wendy Gray has been practicing the art of Zentangle since 2011 and became a Certified Zentangle Teacher (CZT) in 2015. Wendy has taught Zentangle classes in Loveland, Mason and Lebanon Ohio and at the Bayley Fitness Club. Her Zentangle artwork has been featured in art shows across the United States!

Class Minimum 6

Class Maximum 18

Class Fee \$30/member
\$35/non-member

Registration Information

- Register via the Bayley Fitness App, or
- Sign up at the Wellness Center Welcome Desk, or
- Call 513-347-1400 to register



COURSE OFFERING

Flexibility 101

Dimension of Wellness

Physical Wellness

Term
Spring II | Mon. Mar.
3rd-24th
Time/Location
1p-2p | La Casa del Sol
Ministry Center
Course Description

Designed for those individuals who want to increase their range of motion. This is a hands-on class in which stretching will be done for 45-60 minutes. The class will focus on increasing motions of the shoulders, hips, and spine. This course will repeat the stretches to work on increasing range of motion each week. To see results, participants will need to continue stretching in-between classes. All participants need to be willing and able to get on floor each class.

Instructor

Jaychele Charles

Instructor Bio

Jaychele has been a resident of Delhi for 12 years and employed at Bayley for eight years. She attended the University of Delaware and her medical boards are in Athletic Training. Her Master's degree is in Kinesiology from Indiana University. Jaychele specializes in rehabilitation of injury, gait and posture rehabilitation and senior life coaching. She is also an adjunct teacher at Mount St. Joseph University, is married and has five children.

Class Minimum

5

Class Maximum

15

Class Fee
\$40/member
\$45/non-member
Registration Information

- Register via the Bayley Fitness App, or
- Sign up at the Wellness Center Welcome Desk, or
- Call 513-347-1400 to register



COURSE OFFERING

The Aging Brain

Dimension of Wellness

Intellectual

TermSpring II | Mon. Mar.
3rd-24th**Time/Location**4p-5p | Bayley Wellness
Center**Course Description**

This course will cover the cognitive and language changes associated with the normal aging vs. dementing illness. Specific areas that will be targeted are: attention to task, executive function, memory, word find and thought organization, problem solving and reasoning, and processing speed. Participants will learn what to do if they are concerned about mental wellness, including strategies to reduce the impact on their daily lives and to maintain independence.

InstructorSara L. Niederhausen,
M.S., CCC-SLP**Instructor Bio**

Sara has been a resident of Delhi for fifty-three years and has provided speech therapy services at Bayley for the last eighteen years. She attended Miami University in Oxford, Ohio, earning both her B.S. and M.S. degrees in Speech Language Pathology. Sara has spent the last twenty-nine years providing speech therapy services to the geriatric population in the skilled nursing and outpatient settings. She specializes in rehabilitation of speech and language disorders, cognitive deficits, and swallowing disorders.

Class Minimum

5

Class Maximum

30

Class Fee\$40/member
\$45/non-member**Registration Information**

- Register via the Bayley Fitness App, or
- Sign up at the Wellness Center Welcome Desk, or
- Call 513-347-1400 to register



COURSE OFFERING

Body Mechanics

Dimension of Wellness

Physical Wellness

Term
Spring II | Wed. Mar.
5th-26th
Time/Location
1p-2p | La Casa del Sol
Ministry Center
Course Description

Body mechanics is a term used to describe movement throughout daily life. It includes how bodies hold movement when we sit, stand, lift, carry, bend, and sleep. Poor body mechanics are often the cause for back problems, spinal malalignments, joint erosion, and the cause of falls. When humans don't move correctly and safely, there is a high risk of becoming injured. This course will provide ways to prevent problems before they turn into a reason to visit the doctor.

Instructor

Jaychele Charles

Instructor Bio

Jaychele has been a resident of Delhi for 12 years and employed at Bayley for eight years. She attended the University of Delaware and her medical boards are in Athletic Training. Her Master's degree is in Kinesiology from Indiana University. Jaychele specializes in rehabilitation of injury, gait and posture rehabilitation and senior life coaching. She is also an adjunct teacher at Mount St. Joseph University, is married and has five children.

Class Minimum

5

Class Maximum

25

Class Fee
\$40/member
\$45/non-member
Registration Information

- Register via the Bayley Fitness App, or
- Sign up at the Wellness Center Welcome Desk, or
- Call 513-347-1400 to register



COURSE OFFERING

Golf: A Game For Every Age

Dimension of Wellness

Social

Term
Spring II | Thurs. Mar.
6th-27th
Time/Location
11a-12p | La Casa del Sol
Ministry Center
Course Description

Whether you currently play, would like some beginner tips, or just want to know more about how to enjoy watching golf on TV, there's something for everyone in this course! The first session will focus on putting. Putting tips will be shared to provide a great practice routine, which can be done indoor or outdoor. There will be a hands-on opportunity to hit some putts, so please bring your putter! The second session will focus on chipping. There will be a hands-on activity to help fix any chipping issues. The third session will focus on strategy, understanding course management, developing, and "tweaking" playing strategies as your game ages with you. Bring all game questions with you!

Instructor

Cindy Lamb

Instructor Bio

Cindy's lifelong love affair with the game of golf began at thirteen years old when her dad cut down Grandpa's old clubs and got her started. She learned the "traditions" of the game, very old fashioned some would say, especially by current standards. Competitively, Cindy played as a junior golfer around Cincinnati, and as the only girl on the high school golf team. As Founder and President of the Miami University Women's Golf Club, she led her team to compete in NCAA events. Cindy's passion for all things golf extends to teaching, and she has a lot of experience at different clubs across Cincinnati!

Class Minimum

5

Class Maximum

20

Class Fee
\$40/member
\$45/non-member
Registration Information

- Register via the Bayley Fitness App, or
- Sign up at the Wellness Center Welcome Desk, or
- Call 513-347-1400 to register



COURSE OFFERING

The History of Sister Blandina Segale

Dimension of Wellness

Spiritual

Term Spring II & III | Mon. Mar. 17th-Apr. 12th

Time/Location 10:30a-11:30a | Cedar's Room at MMH

** To find Cedar's room at MMH, go to the Main Entrance to the Motherhouse off of Delhi Pike. You will be directed to the Cedar's Room by staff.**

Course Description

This course will cover the life, popularity, and personality of Sister Blandina Segale. This dedicated and daring Sister of Charity had a widespread experience in ministry in the world west of Colorado and New Mexico as well as in the immigrant community of Cincinnati.

Instructor Judith Metz, S.C.

Instructor Bio

Sr. Judith Metz is a Sister's of Charity historian, and has written about the rich, deep-rooted history of the Sisters. She has been an avid researcher of Sr. Blandina's life and spirituality.

Class Minimum 5

Class Maximum 20

Class Fee \$40/member
\$45/non-member

Registration Information

- Register via the Bayley Fitness App, or
- Sign up at the Wellness Center Welcome Desk, or
- Call 513-347-1400 to register



COURSE OFFERING

Zentangle Mosaic Madness

Dimension of Wellness

Vocational

Term Spring II & III | Fri. Mar. 28th & Apr. 4th & 11th

Time/Location 2p- 4p | Bayley Library

Course Description

Unlock your creative spirit using the Zentangle method of drawing which uses structured repeating patterns called “tangles”. In “Mosaic Madness”, students will learn twelve tangles (patterns) using 3Z tiles (triangles). When six 3Zs are put together they form a hexagon (six-sided mosaic). When learning the Zentangle method, participants can relax, focus, expand their imagination, increase a stronger sense of well-being, and even find healing in creative expression. There are no prerequisite drawing skills needed; anyone who can hold a pen can enjoy Zentangle one stroke at a time. **For those new to Zentangle it is recommended but not required to take “Zentangle 101” on Monday, February 10th, from 2p-4p.** All materials are provided.

Instructor Wendy Gray

Instructor Bio

Wendy Gray has been practicing the art of Zentangle since 2011 and became a Certified Zentangle Teacher (CZT) in 2015. Wendy has taught Zentangle classes in Loveland, Mason and Lebanon Ohio and at the Bayley Fitness Club. Her Zentangle artwork has been featured in art shows across the United States!

Class Minimum 6

Class Maximum 18

Class Fee \$60/member
\$65/non-member

Registration Information

- Register via the Bayley Fitness App, or
- Sign up at the Wellness Center Welcome Desk, or
- Call 513-347-1400 to register



COURSE OFFERING

How Diet and Lifestyle Can Help Manage Chronic Conditions

Dimension of Wellness	Physical Wellness
Term	Spring III Tues. Apr. 1st-22nd
Time/Location	10:15a-11:15a Bayley Library
Course Description This course will review how lifestyle factors can influence chronic conditions like diabetes, hypertension, and heart disease. Additionally, cooking methods and food decisions will be discussed to help create a balanced lifestyle optimizing health.	
Instructor	Leslie Edwards
Instructor Bio Leslie is an Arizonan native, and completed her B.S. in Dietetics from The Ohio State University and M.S. in Kinesiology from Miami University. She is a registered dietician with a specialty in weight management, personal training, and yoga instructing.	
Class Minimum	5
Class Maximum	25
Class Fee	\$40/member \$45/non-member
Registration Information	<ul style="list-style-type: none"> • Register via the Bayley Fitness App, or • Sign up at the Wellness Center Welcome Desk, or • Call 513-347-1400 to register



Bayley.U
COURSE OFFERING
Hands Only CPR & AED

Dimension of Wellness

Intellectual

Term	Spring III Thurs. Apr. 3rd
Time/Location	2p-3p La Casa del Sol Ministry Center
Course Description	This course will provide students with personal safety for CPR as well as how to perform CPR. Additionally, students will learn the signs and symptoms to look out for when someone is in need of CPR. At the end of the session, students will be equipped to respond to an emergency situation.
Instructor	Delhi Township Fire Department
Class Minimum	5
Class Maximum	20
Class Fee	FREE
Registration Information	<ul style="list-style-type: none"> • Register via the Bayley Fitness App, or • Sign up at the Wellness Center Welcome Desk, or • Call 513-347-1400 to register



COURSE OFFERING

Yoga- 4 Ways- The Path to Enlightenment

Dimension of Wellness

Spiritual

Term	Spring III Mon. Apr. 7th
Time/Location	10:45a-12:15p La Casa del Sol Ministry Center
Course Description	During this course, participants will engage in four different practices of yoga (breathwork, chair yoga, gentle yoga, and yin yoga) to strengthen, lengthen, and increase flexibility. Participants will learn the benefits yoga can provide for the mind and body.
Instructor	Leslie Edwards
Instructor Bio	Leslie is an Arizonan native, and completed her B.S. in Dietetics from The Ohio State University and M.S. in Kinesiology from Miami University. She is a registered dietician with a specialty in weight management, personal training, and yoga instructing.
Class Minimum	5
Class Maximum	20
Class Fee	\$10/member \$15/non-member
Registration Information	<ul style="list-style-type: none"> • Register via the Bayley Fitness App, or • Sign up at the Wellness Center Welcome Desk, or • Call 513-347-1400 to register



COURSE OFFERING
Movement is Medicine

Dimension of Wellness

Physical Wellness

Term

Spring III | Mon. Apr.
7th-28th

Time/Location

1p-2p | La Casa del Sol
Ministry Center

Course Description

Spend four classes learning how movement can prevent and help treat chronic diseases. Find out why doctors place an emphasis on staying active and moving! This course will discuss what is happening inside the body when we move and how that positively affects chronic disease. Chronic diseases that will be covered include: heart disease, hypertension, type 2 diabetes, arthritis, osteoporosis, dementia, COPD, depression and stroke.

Instructor

Jaychele Charles

Instructor Bio

Jaychele has been a resident of Delhi for 12 years and employed at Bayley for eight years. She attended the University of Delaware and her medical boards are in Athletic Training. Her Master's degree is in Kinesiology from Indiana University. Jaychele specializes in rehabilitation of injury, gait and posture rehabilitation and senior life coaching. She is also an adjunct teacher at Mount St. Joseph University, is married and has five children.

Class Minimum

5

Class Maximum

25

Class Fee

\$40/member
\$45/non-member

Registration Information

- Register via the Bayley Fitness App, or
- Sign up at the Wellness Center Welcome Desk, or
- Call 513-347-1400 to register



Bayley university Class Sign Up Instructions per App

1. Locate the Bayley Fitness App on your phone. Once it is located, click on the app and wait for the sign in screen.

The Bayley Fitness App icon is pictured below.



2. Once you are logged into the Bayley Fitness App, click on the 'Explore' tab at the bottom of your screen. It is located next to the 'Home' tab.

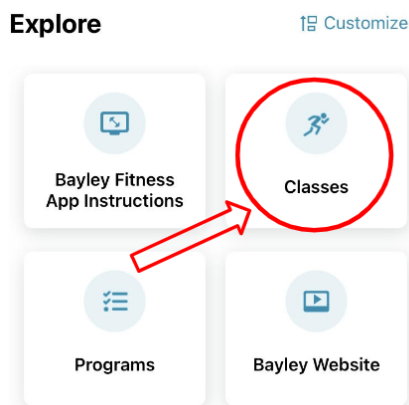
The Explore Tab is pictured below.



3. Once you have clicked on the 'Explore' tab, click on the 'Classes' tile. Once you are on the Class page, you will see dates for everyday during the week towards the top of your screen. Scroll through the dates and find the Bayley university class of your choosing. Once you have found the class(s) that you would like to sign up for, click on it.

The Class tile is pictured below.

The Class page with dates is pictured below.



Schedule

Classes

Aug 2023						
Today	Fri	Sat	Sun	Mon	Tue	Wed
17	18	19	20	21	22	23
<input type="checkbox"/> Category ▾						

4. Once you have located the Bayley university class that you want to attend, click on the 'sign up' button. You will be able to read the course description, along with the instructor's name and bio, dates/times/location, and price of the course. For

explanation purposes, Mindful Living will be the example course to provide details of how to sign up for courses. The sign-up process will be the same for ALL Bayley university classes.

An example of a Bayley university course is pictured below.

The screenshot shows a course card for 'University-Mindful Living'. The price is \$40.00. The course is organized by Groupex and is scheduled for Thursday, October 5, from 4:00 PM to 5:00 PM. The instructor is TBD, and the location is Bayley /Library/Center Room/Club Room. There are 20 available spots. Below the course details is an 'ABOUT' section with the text: 'Life can be beautiful, chaotic, and busy. When times are hard, it is important to manage stress'. At the bottom of the card is a blue 'Sign Up' button.

- Once you decide to sign up for a Bayley university course, click the 'Sign Up' button. You will be prompted with a 'Confirmation' screen, which gives the total amount due to sign up for the class, along with the ability to add a payment method.

An example of the 'Confirmation' screen is pictured below.

The screenshot shows a 'Confirmation' modal window. It displays the course details: 'University- Mindful Living', 'Thu, Oct 5, 4:00 PM - 5:00 PM', 'Instructor: TBD', and 'Bayley /Library/Center Room/Club Room'. Below this is a 'Participants' section with the name 'Eve Cooper'. The 'Payment info' section prompts the user to 'Please select payment method'. The 'Total' is listed as '\$40.00'. At the bottom, there is a note: '*By confirming your sign-up in this event, you are agreeing to the [Terms and Conditions](#)'. A blue 'Confirm and Pay' button is at the very bottom.

- To add your method of payment, click on the 'Payment info' tab, located under the 'Participants' tab of the confirmation screen. When you click on the 'Payment info' tab, it will say 'Enter New Payment Method.' Click on this tab. You will then be prompted to add a credit/debit card. Once you put in your card, hit 'Add Card,' located on the bottom of the screen.

An example of the payment prompt screen is pictured below.

< Add Payment Method

Card Information

ACCOUNT NICKNAME

NAME ON CARD

CREDIT CARD NUMBER

Billing Address

Billing address will go here

ADD DIFFERENT BILLING ADDRESS >

Click "Add Card" to confirm your payment method.

Add Card

- 7. Once your payment method is confirmed, you will be sent back to the 'Confirmation' screen from before. Once all of your information is plugged in and looks good, press 'Confirm and Pay.'

The 'Confirm and Pay' icon is pictured below.



- 8. Once you have confirmed your enrollment, you are all good to go! Keep a close eye on any updates for classes from your instructor.
- 9. Additionally, **once you have signed up and paid for a class, you do not have to continue signing yourself up for the class each week. You will be added to the class roster for the entire 'semester.'**
- 10. If you have any questions or difficulties, please call **513.347.1400**, and the Welcome Desk staff would be happy to assist you. We are also able to schedule Bayley university classes over the phone and in-person. Please have your payment method with you when signing up if it is not already on file. Thank you!



La Casa del Sol Ministry Center Directions

If your class is located in the La Casa del Sol Ministry Center, please pay close attention to these directions of how to get there. It is the Sisters' building next to the Wellness Center. Enter through the parking lot off of Bender Road. If you have any trouble, visit or call the Welcome Desk at 513-347-1400.



La Casa del Sol Ministry Center