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Wellness Newsletter

Dear Fitness Friends,

When you think of “luck” what comes to your mind. Oprah Winfrey believes “luck is preparation meeting opportunity. If you hadn't been prepared when the opportunity came along, you wouldn't have been lucky.” Is it the luck of the draw or being prepared to take advantage of opportunities that come your way? Maybe a little of both but there are things you can do to enhance your chances of getting lucky in life: a positive mindset, consistent hard work, adaptability to change, positive relationships, and a canny ability to seize opportunities are just a few ways to get lucky!

Yours In Wellness,
Bayley Wellness Staff



Spring 2025 March Courses Offerings

Flexibility 101

Designed for those individuals who want to increase their range of motion. This 45-60 minutes class will focus on increasing motions of the shoulders, hips, and spine. All participants need to be willing and able to get on floor each class.

[Mon 3/3-3/24 @1-2p] Jaychele Charles

The Aging Brain

Learn about cognitive and language changes associated with normal aging vs. dementia illness. Learn what to do if you are concerned about mental wellness, including strategies to reduce the impact on your daily life and to maintain independence.

[Mon 3/3-3/24 @4-5p] Sara Niederhausen

Body Mechanics

Body mechanics is a term used to describe 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.

[Wed 3/5-3/26 @1-2p] Jaychele Charles

[See more courses on next page]

Small fee associated with classes.

Course catalog available at Welcome Desk.

Register by app, in person or call 513.347.1400

March, 2025



Upcoming Events

- ⇒ March 3—Spring Bayley University Classes Continue
- ⇒ March 14—Last day of Team Wellness Challenge

Class Spotlight Waist Management

Need a little help with your “waist “ management? Join this challenging core strength class sure to help your waist bands fit better. Stability ball, hand weights and resistance bands are used to provide challenge or modifications. Instructor Hal Schwettman will challenge you with a variety of planks and other effective core exercises.

Mondays & Wednesdays
6:00-6:45pm



Spring 2025



March Courses Offerings [continued]

Golf: A Game For Every Age

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 (how to practice), the second session will focus on chipping (fixing issues) and the last session will focus on strategy and understanding course management as you age. Bring your putter and all game questions with you!

[Thurs 3/6-3/27 11a-12p] Cindy Lamb

The History of Sister Blandina Segale

Learn about 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. [Mon 3/7-4/12 10:30-11:30a] Judith Metz

Zentangle Mosaic Madness

Unlock your creative spirit using the Zentangle method of drawing using structured repeating patterns called "tangles". In "Mosaic Madness", students will learn nine tangles (patterns) using 3Z tiles (triangles). Using a variety of pens and pencils and three different colored tiles (white, tan and black) we will create delightful six sided hexagon mosaics. There are no prerequisite drawing skills needed. All materials are provided.

[Fri 3/28-4/11 2-4p] Wendy Gray

Tips For Improving "Luck" In Your Life

To improve your "luck" in life, focus on cultivating a positive mindset, actively seeking opportunities, being open to change, taking calculated risks, and developing a proactive approach to life, essentially creating your own luck by maximizing your potential and staying alert to possibilities around you.



It's important to remember "Luck" is not entirely random: While chance plays a role, much of what we perceive as luck is influenced by our actions, choices, and perspective. Be adaptable. Embrace change and be willing to adjust your plans when necessary. Focus on the present. Don't dwell on past failures or worry excessively about the future. Practice gratitude. Recognizing and appreciating the good things in your life can enhance your overall outlook.

"Good and bad luck is a synonym in the great majority of instances, for good and bad judgment." John Chatfield

In The Know...

- **Introduction to Kettle Bell** : Abby will be teaching how to use kettle bells to enhance your workout downstairs in the Fitness Center. Times to meet with her will be posted throughout the month.
- **Anderson Ferry Food Pantry**: Is in need of jelly donations. Box for donation at Welcome Desk.
- **Sign-up for classes is required**: Registration opens 3 days prior to class time. With the expected influx in numbers in February, classes will fill up early. Many classes are running close to capacity so please register early so that you're not left out of the class. Ways to register: In person, Club Automation website, Bayley App or by phone.
- **Please be considerate when parking**: Spots in circle are handicapped parking only. The rest is used for Adult Day transportation & emergency vehicle thoroughfare. Reminder there is parking behind the building & in lower parking lot. Please DO NOT park on street beside building. (Mattingly). Thank you!
- **Mary Magdalene Mission** : Mary Magdalene House which offers showers, clean clothing, and resources for the homeless in downtown Cincinnati. MMH is in need of hoodies, sweatshirts, hats & gloves to help keep their guests safe & warm. Thank you!

