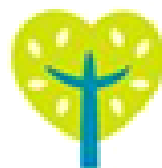


401 Farrell Court
Cincinnati, OH 45233
513-347-1400
www.BayleyLife.org



Bayley

Wellness Newsletter

Dear Fitness Friends,

As Thanksgiving approaches, it is important to pause and reflect on the blessings we have received, both in the past and in the present. Taking time to acknowledge these moments can deepen our appreciation for life and the people around us. Mindfulness and meditation are powerful tools that help us focus our attention on what we are grateful for. By regularly engaging in these practices, we can reinforce positive feelings and cultivate a lasting sense of gratitude. Happy Thanksgiving!

Yours In Wellness,
Bayley Wellness Staff



Kick Off Event
Tuesday, November 4
1:00-3:00pm

Bayley will host the first "Art Collective" event on Tuesday, November 4th from 1p-3p, launching an eight-week spotlight on Guest Artists. The inaugural artist is Chris Mallory, a Cincinnati native and lifelong painter whose work is influenced by the Hudson River School, with deep ancestral ties to the Catskill Mountains. Enjoy refreshments and be among the first to view Chris's artwork.



Upcoming Events

- ⇒ Ongoing Bayley U Classes
- ⇒ Nov 4 Bayley Art Collective Kick Off Event
- ⇒ Nov 9-22 Cans & Coats Donations
- ⇒ Dec 6 Bayley Holiday Arts & Crafts Holiday Boutique
- ⇒ Dec 11 Bayley Holiday Open House: Coffee, Brews & Ballads!

Activity Spotlight: The Balance Room

If you're worried about falling or want better balance, targeted exercises can help. Our Balance Room on the lower level has 10 stations with specific exercises to improve stability. It's open to all, self-guided, and takes just 10-15 minutes. Use it as a warm-up or cooldown to easily add more balance training to your workout.



Calling All Handcrafters!

Bayley will be hosting it's Second Annual Holiday Arts and Crafts Boutique on Saturday December 6, 10:00am-2:00pm. Our Boutique features all handmade goods: art, crafts and food goodies. Last year Bayley hosted 20 talented makers and crafters. This year we hope to grow this fun unique holiday event. Anyone interested in having a table (\$25) to sell your hand-made goods please fill out registration form at the Welcome Desk. Registration deadline to purchase a table is Monday November 24.

GET OFF YOUR CAN FOR CANS & COATS November 9th-22nd

This holiday season, share a can with the Anderson Ferry Food Pantry each time you "get off your can" to exercise. We are also collecting new or lightly used coats as donations. Boxes will be available in the lobby for your cans, non-perishable food items and coats.



"We should just be thankful for being together. I think that's what they mean by Thanksgiving, Charlie Brown."
Marcie



**REGISTER
NOW!**

November Offerings

◆ Twelve Holiday Eating Tips

The holidays come with three F's: Family, Friends, and FOOD. Spend an hour learning tips you can use this holiday season to maintain your weight and still feel festive.

[Monday, Nov 3 12:30-1:30pm]

◆ Ministry and Economic Sustainability in Rural Kenya

Learn how the Waweza ministry catalyzes positive change in rural Kenya. Gain a deeper understanding of how prayer, passion, and sustainable efforts can provide hope and a future for the poor in Kenya.

[Thursday, Nov 6 2:00-3:00pm]

◆ Twelve Gifts of Christmas

"What do you want for Christmas?" If you need inspiration, consider a variety of options that can make your daily life easier, safer, and more enjoyable. Creating a thoughtful Christmas list can ensure you receive gifts that are both practical and meaningful.

[Monday, Nov 10 12:30-1:30pm]

◆ Twelve Days of Fitness

The holiday season is busy, and exercise can easily get neglected. Skipping workouts makes it harder to resume healthy habits after New Year's. Stay active with simple exercises you can do at home—no gym required. Participants will receive an exercise band for home use.

[Monday, Nov 17 12:30-2:00pm]

FYI

Sign-up for classes is required: Registration opens 3 days prior to class time. 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 & a lower parking lot. Please DO NOT park on street beside building (Mattingly). Thank you!



**Closed Thanksgiving Day
Friday Hours, 11/28,
8am-6:30pm No Classes**

