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Wellness Newsletter

Dear Fitness Friends,

What is the spirit of Christmas? Poet Henry Wadsworth Longfellow was no stranger to sorrow. His wife died in a fire and his son was severely injured when fighting for the Union in the Civil War. Amid personal tragedy and nationwide turmoil, he penned a poem called "I Heard The Bells on Christmas Day." On a wintry Christmas day in 1863, Longfellow wrote, "And in despair I bowed my head; / 'There is no peace on earth,' I said / 'For hate is strong, / And mocks the song / Of peace on earth, good-will to men!'" The next verse reveals the hope Longfellow found that day: "Then pealed the bells more loud and deep: / 'God is not dead, nor doth He sleep; / The Wrong shall fail / The Right prevail / With peace on earth, good-will to men.'" The hope and peace Longfellow discovered when his life and the world around him seemed to be falling apart is one expression of the "spirit" of Christmas. May you discover the spirit of Christmas in your own way, with hope and peace, no matter your circumstances.

Yours In Wellness,
Bayley Wellness Staff



Bayley Holiday Boutique

~ Featuring artisan handmade art,
crafts and food goodies ~
Gifts & Stocking Stuffers

Saturday December 6th

10am-2pm



HELLO
DECEMBER

Upcoming Events

- ⇒ Dec 6 Bayley Arts & Crafts Holiday Boutique
- ⇒ Dec 11 Bayley Holiday Fundraiser: Coffee, Brews & Ballads!

Holiday Hours

Wednesday Dec 24
6:30am -12pm

No classes

Thursday Dec 25

Closed

Wednesday Dec 31
6:30am-3pm

Thursday Jan 1

Closed



Christmas Card Collection

This December, we aim to give every Bayley Senior Living Resident a Christmas card. Please donate unused or handmade cards to help us spread holiday cheer and community spirit. Please leave your card donations at Welcome Desk. Thank you!

Attention Members

- If your membership details (address, phone number, emergency contact, insurance) have changed in the past year, please visit the front desk to update your information. Thank you!
- If your insurance coverage for senior options (Silver Sneaker, Silver & Fit, or Renew Active) has changed, please inform the front desk immediately and provide your insurance card for copying. This helps avoid any membership issues. Thank you!

Merry Movement Challenge



Track 15 visits to the Fitness Club during the month of December, and get entered into 1 of 2 basket raffles. One "visit" = 30 minutes or

more per day. Pick up tracking sheet at Welcome Desk.



Join Us For Coffee, Brews & Ballads

Basket Raffles, Specialty Drinks and Baked Goods For Purchase To Raise Funds For The Bayley Wellness Center

Featuring Live MUSIC!

**Thursday, December 11th
11am-1pm**

This special gathering supports the Bayley Wellness Center, helping us to continue to nurture health, happiness and community.

Strategies to Protect Your Peace During the Holidays

- The holiday season brings both joy and stress—celebrations, family gatherings, and gifts, but also expectations, complex relationships, and feelings of loss. It's important to care for your well-being during this time.
- Reflect on what aspects of this time of year you find challenging and identify possible solutions or actions you can take to support yourself by creating a plan.
- Holiday stress can result from complex family relationships. Plan shared activities, limiting visit length, and focusing on family members' positive traits to improve holiday experiences.
- The holiday season can cause overspending and a packed schedule. Set limits on your time and money—skip events or choose affordable gifts if needed. Realistic boundaries help you avoid exhaustion and financial strain in January.
- Holiday gatherings often remind us of those we've lost, bringing sadness. It's healthy to acknowledge these feelings and share memories. Keeping traditions or activities they enjoyed helps preserve connections and honor them.

Important Information

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!