

Wellness Newsletter

WELCOME

February



Dear Fitness Friends,

Learning is a lifelong journey that boosts well-being and keeps your mind sharp. Staying mentally active can spark new interests and open up fresh opportunities. Continuous learning offers health benefits like reduced cognitive decline and better problem-solving. It also supports social engagement through classes and groups, which are important for happiness. This is a perfect time to invest in yourself—stay curious and you may discover new passions.

Yours In Wellness,
Bayley Wellness Staff



Bayley University provides a range of educational opportunities for members of the Bayley Fitness Center, Bayley Residents and Staff, Sisters of Charity, Mount St. Joseph University, and all lifelong learners in the community.



February Courses

AGE STRONG: A Guide to Feeling Athletic and Fit After Forty

[Tuesdays, Feb 3-21, 6:00-7pm] [Jaychele Charles]

Journaling for Awareness

[Wednesdays, Feb 4-25, 10:00-11am] [Shirley Burch]

The Lies, The Truth, and The Foods We Eat

[Wednesdays, Feb 4-25, 11:30am-12:30pm] [Merril Rounds]

Aging Well Through Planning Legal, Financial, & Life Transitions

[Thursdays, Feb 5-26 10:00-11am] [Shane Krugler]

Zentangle: Valentine Hearts

[Friday, Feb 6 1:00-3:30pm] [Wendy Gray]

Competitive Athletics and Healthy Aging

[Thursday, Feb 19, 4:30-6pm] [Dr. Erin Hofmeyer]

Understanding Human Trafficking in the U.S

[Monday, Feb 23, 10:00-11am] [Sister Sally Duffy]

Zentangle: Illuminated Letter

[Fridays, Feb 27-Mar27, 1:00-3pm] [Wendy Gray]

“Commit yourself to life long learning. The most valuable asset you'll ever have is your mind and what you put into it.” Brian Tracy

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Upcoming Events

- ♦ February—Healthy Heart Month
- ♦ February 2—Bayley U Classes Begin **SIGN UP NOW!**
- ♦ Friday, Feb 13—Arm Chair Travels: Kakamega Kenya
- ♦ March 9—Intro to Tai Chi

Armchair Travels Kakamega Kenya

Maureen Scheiner and her daughter Quinn will present on their mission trip to Kenya, Africa. Learn about the various ministries on ground in the rural, third-world community of Kakamega, Kenya.

Friday, February 13
2:00-3pm



Ways To Show Yourself Love on Valentine's Day

- ♥ Make yourself a care package. Fill a pretty box or basket with a few of your favorite things to enjoy on Valentine's Day.
- ♥ Make a list of at least 3 things you love about yourself. Whether it's a part of your body, something about your personality, or a special talent you have—write it down and show yourself some love.
- ♥ Pamper yourself. Pick up some fresh flowers from the grocery store or Farmers Market and go to that chocolate shop and get yourself a few special seasonal treats. Wear something that makes you feel good.
- ♥ Take some down time. Binge-watch Netflix, browse through your favorite magazines, or do some deep breathing. Inhale self-love, exhale self-doubt.

Have a Heart—Giving Opportunities

Bayley Fitness Club Consider making a gift to Bayley Fitness Club today! Your donation will help fund building improvements to enhance the member experience. To give, go to the Bayley website: www.bayleylife.org/giving Go to the donation page and under "Designation" click Fitness Club. Thank You!

Mary Magdalene House Mary Magdalene House provides showers, clothing, and resources for people experiencing homelessness in downtown Cincinnati. As guest numbers rise and temperatures lower donations of hoodies, sweatshirts, hats and gloves to help keep their guests safe and warm. Thank you!.

Class Registration Is Required Registration opens three days before each class. Since we expect a lot of participants in February, spots will likely fill up fast. Many classes are nearing full capacity, so please sign up early to ensure your place. You can register in person, through the Club Automation website, via the Bayley App, or by phone.

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!

Inclement Weather In the event of inclement weather, Bayley will notify you of any changes in operating hours via text (after 8am) and email. Additionally, updates will be posted on facebook and provided on our main phone line at 513-347-1400.



Heart Healthy Trivia

- 1. Heart's Own Rhythm:** The heart generates its own electrical impulses and can beat outside the body if it has oxygen.
- 2. Lifetime Beating:** The average adult heart beats 100,000 times a day and over 3 billion times in a lifetime.
- 3. Size Matters:** Your heart is about fist-sized; size doesn't indicate strength, so care is important.
- 4. Leading Health Risk:** Cardiovascular disease is the top health threat, but most cases are preventable with good habits like healthy eating, exercise, and stress control.
- 5. Different Symptoms:** Men and women often have different heart attack symptoms—chest pain for men, fatigue or dizziness for women—so it's vital to recognize the signs.
- 6. Heart Workload:** The heart works harder than any other muscle, never tiring throughout life.
- 7. Central Position:** The heart sits in the center of your chest, with the larger part on the left; your left lung is smaller to accommodate it.
- 8. A Faster Female Beat** A woman's heart beats about eight times faster per minute than a man's because its smaller size requires more frequent pumping.
- 9. Blood Everywhere (Almost)** The heart pumps blood to nearly all 75 trillion cells in the body—except the corneas, which get oxygen from the air.
- 10. A Pumping Powerhouse** Daily, the heart moves about 2,000 gallons of blood, enough over a lifetime to fill three supertankers.