



*"Let April's light  
guide you toward a  
season of hope and  
fulfillment."  
Ralph Waldo Emerson*

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**Bayley**

# Wellness Newsletter

*Dear Fitness Friends,*

*Spring marks a time of renewal and growth, bringing opportunities for fresh starts. With nature coming alive, it's a great season to welcome positive changes that boost your well-being. The warmer weather, extended daylight, and blossoming flowers create an inviting atmosphere to concentrate on your physical, mental, and emotional health. Our instructors and staff are committed to supporting your wellness goals and assisting you in achieving a healthier, more energetic lifestyle.*

*Yours In Wellness,  
Bayley Wellness Staff*



## **Laughter Is The Best Medicine**

You've probably heard the saying, "Laughter is the best medicine." And it's true! Studies show laughter has lots of health benefits — with no side effects. Understanding the positive impacts of laughter can deepen your appreciation for this natural remedy.

Ever wondered why laughter feels so good? When you laugh, your body produces endorphins, which are chemicals that promote feelings of happiness and well-being. The release of endorphins can heighten the body's natural pain-relief mechanisms, which can be especially helpful for managing chronic discomfort and enhancing overall mood.

To incorporate more laughter into your day try: watching something funny, share a joke, play with your grandchildren or pets, host a dance or sing karaoke and connect with friends.

Embrace optimism. Instead of dwelling on stressful situations or minor mishaps, cultivate the habit of finding humor in these instances. Viewing life through a humorous lens can transform your perspective and alleviate stress. And if you're facing challenges or chronic health issues, it's especially important to seek laughter.

*"When you're 30 and you drop something, you pick it up.  
When you're 70 and you drop something,  
you decide you don't need it anymore."*

## **Upcoming Events**

- ◆ April—Bayley U Classes
- ◆ April-May 16—Art Collective: Vincent Linz Photography
- ◆ April 5—HAPPY EASTER! CLOSED
- ◆ April 10-20—BU Zentangle Illuminated Letter Project Display
- ◆ April 23—Music in the Park with Stephen [1-3pm]



## **The Bayley Difference**

Bayley meets you where you are no matter your shape, size, experience or age. Comradery and friendship are the bedrock of our Bayley family. Caring knowledgeable staff offers guidance and encouragement for improvement in your health and well being. Kindness and courtesy is extended to all who enter our doors, so please be mindful of others when parking, signing up for classes or waiting to use equipment.





## April Courses

### Cardio for Heart Health

This course meets in the cardio room and introduces you to a variety of machines while teaching you how hard to exercise and how to structure workouts for maximum benefit.

[Thursdays, April 2-23] [2:00-3:00pm] [Jaychelle Charles]

### Simple Tech Skills: QR Codes and Online Reviews

This is a beginner-friendly class designed to help participants feel comfortable using everyday technology. No prior tech experience is needed—just bring your device, ask questions, and learn at a relaxed, easy-to-follow pace. At La Casa del Sol.

[Monday, April 6] [1:00-2:00pm] [Sherry Wise and Eve Cooper]

### Part II: Through the Lens: Members' Choice

With experience as a photojournalist, university instructor, and lifelong creative, Dennis Foster, brings a warm, encouraging approach that celebrates each student's perspective, whether using a smartphone or a DSLR. At La Casa del Sol.

[Thursdays, April 9-30] [1:00-2:30pm] [Dennis Foster]

### From Poverty to Possibility

This seminar explores how microfinancing is transforming lives across several African countries. Sr. Caroljean Willie, SC, who has worked with these projects for over 15 years, will share insights from her experiences and her travels to Kenya, Tanzania, and Zanzibar.

[Thursday, April 16] [1:00-2:30pm] [Sr. Caroljean Willie, SC]



### Music in the Park

Join our very own Stephen Seta with his guitar in the lovely park across the street for music!

Enjoy the outdoors and some fun tunes!

Thursday April 23 1:00-3:00pm. [\* In case of inclement weather will be held indoors.]

**Class Registration Is Required** Registration opens three days before each class. 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!



## **Renewal of Life**

Easter bells are ringing,  
A new dawn has begun,  
The sun rises in the east,  
And paints the sky with golden fun.

The winter is now over,  
And spring is in the air,  
The trees all bud and blossom,  
And everything is fair.

The resurrection of Christ,  
Marks a time of great joy,  
The celebration of Holy Week,  
Is something no one can destroy.

As we gather in the church,  
We sing and we rejoice,  
For the grace of the Lord,  
Is something we all can voice.

We reflect on our own journeys,  
And ponder what needs to change,  
We ask for divine guidance,  
To help us in our range.

Let us be grateful for this time,  
And the renewal it brings,  
May we continue to grow in faith,  
And let our hearts take wings.

For Easter is a time of hope,  
Of love and new-found light;  
A time to celebrate our Lord,  
And bask in His eternal might.

