



May - June 2019



**“Bexley 55 +”
Bexley Activities Club
165 N. Parkview Ave.
Office # 614-559-4310**

**EMERGENCY PHONE NUMBER (614-562-7717)
(E-Mail) mdelaney@bexley.org**

BAC - 55+ MAY LUNCHEON - Berwick Party House

Date: Tuesday, May 7, 2019 **Time:** Noon - Fee: \$12.00

Menu: Full Salad Bar, rolls, Baked fish and Red Skinned Potatoes, coffee & tea. Berwick is known for their “mild” fish. You will enjoy this entrée. However, if you do not care for fish, remember you get a full soup & salad bar. You will not leave hungry.

Entertainment: **Scott Brooks** will draw inspiration from the music of the Great American Songbook -- Cole Porter, Gershwin, Johnny Mercer -- but there's no limit to the variety you'll hear during the show. He is a wonderful musician!

BAC - 55+ JUNE LUNCHEON - Berwick Party House

Date: Tuesday, June 4, 2019

Time: Noon - **Cost:** \$15.00

Menu: Homemade Lasagna, full soup & Salad Bar, rolls, assorted miniature dessert bars, coffee & tea.

Entertainment: **History of The National Road** will be presented by Bill Smith, aka “**The Ratcatcher**”. Starting in Cumberland, Maryland and crossing 6 states, the National Road was the first federally funded interstate highway. Construction began in 1806 and used the latest technology of road construction. By 1818 it had reached Wheeling, West Virginia and by 1825 with new funds, started across Ohio. You will learn SO much from Bill and will thoroughly enjoy him!

DUES! DUES! DUES! are due!!! PLEASE PAY NOW!!!!

We are collecting dues for the 2019 - 2020 year. Please make out a **SEPARATE CHECK to B.A.C.** for \$15.00 (individual membership) OR \$25.00 for a couple. **Do not include this amount on your monthly check for trips & events.** The dues go into a separate account. Send your dues to: 165 N. Parkview Ave. Bexley, Ohio, 43209. **ATTENTION: MARY ELLEN.** *Dues have to be paid by June 30, 2019 in order to receive future newsletters.* **BAC's fiscal year begins July 1st and ends June 30th.**

Thank you to those who have sent in a “donation” with their dues. We greatly appreciate your generosity in supporting BAC.

NOTICE: The annual election for certain members of the Steering Committee will be held at our May 7th dinner meeting. According to the BAC Constitution, once the nominating committee has selected the new slate of steering committee members, we will vote at the May 7th meeting. Be sure to attend if you want to be part of the voting process. The following “BAC” members have been nominated for the 2019-2020 term: Bev Matteson, Kay Holley, Kent Holley. Our Installation will take place at our June 4, 2019 luncheon at Berwick Party House.

**HELP! I need to sell 2 tickets to “HELLO DOLLY” on May 7th.
Time: 6:45 pm (Bexley pool) Cost: \$77.00 - Call Mary Ellen**

MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Decorator Show- case at Art Museum 10:00 am	2	3 Silver Sneakers - 12:30 Mansion	4
5	6 Fun Day at Wexner Heritage Village 12:30 pm	7 BAC luncheon Noon S, S flex 12:30 pm Hello Dolly 6:45 pm—pool	8	9	10 Silver Sneakers - 12:30 Mansion	11
12	13 Trip mtg 10:00 am—City Hall Fun Day at Wexner 12:30 pm	14 S. S. flex 12:30 pm	15 Snooty Fox Cincinnati, Oh 8:15 am (pool)	16 Bickford at Bexley 9:45 am (pool)	17 Silver Sneakers - 12:30 Mansion	18
19	20 Fun Day at Wexner Herit- age Village 12:30 pm	21 Garra Spas at Polaris Mall 9:15 am (pool) S. S. flex 12:30 pm	22	23 In Motion class at Ballet Met 10:00 am (Bexley pool)	24 Ballet - 10:00 am (pool) Silver Sneakers - 12:30 Mansion	25
26	27 Office closed	28 S. S. flex 12:30 pm	29 Tranquility Salt Cave 9:00 am (pool)	30 Consignment Shopping & lunch 9:30 am (pool)	31 Silver Sneakers - 12:30 Mansion	

JUNE 2019

Mon Tue Wed Thu Fri Sat

						1
2	3	4 BAC luncheon at Berwick Noon	5 Euchre Club at Kensington 1:00 pm	6 Scioto Downs 4:30 pm (St. Charles)	7	8
9	10 Summer trip to Lebanon & Outlet Mall 8:45 am (St. Charles)	11	12 Kingswood Gardens tour 8:30 am (St. Charles)	13	14 Mary Ellen Vacation	15
16	17 Mary Ellen Vacation	18 Der Dutchman 9:15 am (St. Charles) Mary Ellen Vacation	19 Mary Ellen Vacation	20 Mary Ellen Vacation	21 Mary Ellen Vacation	22
23	24 Mary Ellen Vacation	25 Mary Ellen Vacation	26 Mary Ellen Vacation	27 Mystery lunch 10:15 am (St. Charles)	28	29

NOTE: ALL Silver Sneaker classes will be held at Bexley United Methodist Church BEGINNING on JUNE 4th! LOWER LEVEL - Enter through back door, where the canopy is. Ring the door bell and follow the signs.

NOTICE: Our goal with our “FUN DAYS” is to give BAC Members a “place” to go and socialize, watch movies, assemble puzzles, play Wii Bowling, board games etc. We were hoping to offer these activities to people who can’t travel with us, who could “imagine” the benefits of having our OWN Bexley Senior Center. However, so far the attendance has not been what we hoped. Do you have any suggestions? It is very difficult to “fight” for a senior center in Bexley if I cannot show the need and desire to have one. I will continue to plan our FUN DAYS through MAY, but I would really like your input on how to improve our attendance.

NEW TIME! 12:30 PM at Wexner Heritage Village - College Avenue

April 22, 2019 - Share your favorite book! I am hoping to get a “Book Club” started. If interested, please bring a favorite book for others to hear about. All games will also be available

April 29, 2019 - Diabetes Prevention Program - a program that helps prevent or delay Type 2 Diabetes. You will enjoy our speaker on this subject.

May 6, 2019 - Old-time movies will be shown followed with BINGO at Wexner.

May 13, 2019 - Wii Bowling and puzzles will be available.

May 20, 2019 – Conversation Corner - more details next month.

TIME: Meet at **Wexner Heritage Village** (1151 College Ave.) at **12:30 pm.** Refreshments will be served. Feel free to bring your favorite snack if you want. However, the snacks must be vegetarian. (All that really means is no meat!) We will be finished by 3:00 pm. Stop at front desk for location

NEW MEMBERS - We are so glad you have joined our BAC 55+ Group. Make sure you attend some of Mary Ellen’s exciting events & trips.

Correct spelling of last name:
Liz **Wypasek**

Returning Member:
Faye Lichtenstein
1001 Parkview Blvd. #220
Columbus, Ohio 43219
614-338-0893

New Member
Linda Mercer
2752 Allegheny Ave.
Bexley, Ohio 43209
614-772-6411

Change of Address
Carolyn Christy
5769 Bastille Place
Columbus, Ohio 43213

Beverly Sandidge
2811 Columbus Ave.
Columbus, Ohio
614-202-8798

Upcoming Events - Mark your calendars and be ready to pay next month!

July 11- Columbus Clippers at Huntington Field

July 18 - OSU & Short North tour with Jeff LeFevre

July 22 - Sternwheeler Cruise, Zanesville, Ohio

July 30 - Ohio State Fair “Senior Day”

August 1 - “Secret Columbus East Side tour” with Jeff LeFevre **& Anietra Hamper**, whose book is: Secret Columbus: A Guide to the Weird, Wonderful and Obscure. SHE will be with us! How awesome is that!

August 7 - Ron Retzer, Der Dutchman show & family style lunch

August 14 - Cleveland Indians vs. Boston Red Sox!

Oct. 16 - “Spooky Columbus” with Jeff Lefevre

LOST AND FOUND! Believe it or not, I have someone’s purchase from our AMISH trip which was last OCTOBER! I do not like to throw things away! IF you are missing a LINT ROLLER and black jelly beans, I HAVE THEM! Never fear!

REMINDERS

- April 25
(Thurs.) **The National Veterans Memorial and Museum** - For those of you who were signed up AND paid for our previous trip which was cancelled due to weather, please let me know if this date works for you. Time: Leave Bexley pool at 9:30 am. Cost: \$21.00 (bus & fee) IF you have your military I.D. with you, the bus fare will be \$9.00. Lunch (not included) at **Spaghetti Warehouse** following the tour. **PARK AT JEFFREY PARK by THE TENNIS COURTS!**
- May 3
(Fri.) **Everly Brothers Experience - CANCELLED due to lack of sign-ups)**
- June 18
(Tues.) **Ricky Nelson Remembered! - WAITING LIST ONLY!**
Time: Leave St. Charles at 9:15 am - Cost: \$65.00 (lunch, bus, show)
I will be out of town (unfortunately!) for this show, so please be on time or you could be left behind.

CANADIAN ROCKIES TRIP INFORMATIONAL MEETING

DATE: Monday, May 13, 2019 **TIME**: 10:00 am **LOCATION**: City Hall

The trip is scheduled for Sept. 20-27, 2019. If you are interested in seeing a beautiful slideshow, be sure and attend this meeting at Bexley City Hall

NEW EVENT - BY INVITATION ONLY! BAC has been invited to attend an “**SPRING CLEAN**” presentation at Bickford Senior Living of Bexley. Bickford and Home Instead will give us “tips and tricks” for Spring Cleaning Hacks as well as some demonstrations. For example, did you know you can remove water rings from a wooden surface by covering the water stain with a generous dollop of mayo? Let it sit for 15 minutes. Wipe up mayo and your water rings should be gone!
Refreshments will be provided

DATE: Thursday, May 16, 2019 (2600 E. Main St. in Bexley) Previously, this was “Sunrise of Bexley” - you will not believe what they have done to improve this Senior Living residence. It is absolutely clean and beautiful and their whole concept is different. Come and see for yourselves.

IF you prefer to drive to Bickford, please **arrive by 10:00 am**. IF you NEED a ride, please **arrive at the Bexley pool parking lot before 9:45 am** - No charge for transportation. However, I DO need to know how many are coming to the pool. Please sign up for the BUS on the reservation sheet.

IMPORTANT NOTICE - On APRIL 24 (Der Dutchman trip) AND APRIL 25 (Veterans Museum trip) we CANNOT park at the Bexley pool due to a HUGE MULCH SALE taking place both days. We will have to park by the TENNIS COURTS. You enter on Clifton Avenue (BEFORE you get to the pool parking lot). I believe there is a sign that says “Jeffrey Park.” IF not, I will be standing out there with BELLS on and probably a CRAZY HAT or something so you will not miss where to turn. MARK YOUR CALENDARS and check it out ahead of time. THANKS!

April, May, June BIRTHDAYS - Please let me know if your birthday is wrong. I apologize in advance.

APRIL



Steve Cartwright - 1
 Clifton Marr - 4
 Beth Ann Prunte - 5
 Gail Rosenblum - 11
 Irene Mossman - 13
 Liz Wyasek - 14
 Bruce Aldrich - 15
 Bebe Pink - 16
 Myra Hayduk - 16
 David Swanson - 16
 Joan Snider - 16
 Stuart Son - 20
 Nancy Beck - 23
 Terp Musselman - 23
 Jill Sculley - 24
 Marge Young - 24
 Helen Thomas - 27
 Babette Whitman - 28
 Willi Fausnaugh - 29

MAY



Carolyn Retzlaff - 1
 Marlene Wolf - 6
 Linda Miller (Mrs. Paul) - 7
 Jim Welsh - 8
 Mary Ellen DeLaney - 9
 Connie Freundlich - 12
 Caron Vernon - 14
 Tina Frazier - 16
 Margie Hollander - 16
 Nancy Hansley - 17
 Carol Pfau - 20
 Craig Seckel - 20
 Sarita Cohen - 24
 Allan Berger - 26

JUNE



Mary Lou Kosner - 1
 Jane Peden - 5
 Jill Bogart - 6
 Virginia Williard, -6
 Aaron Yablok - 9
 Marilyn Mars - 9
 Ruthetta Topolosky - 9
 Kathleen Smith - 11
 Val Farnham - 16
 Diane Gosser - 16
 Karen Sue Coady - 17
 Dorothy Deems - 18
 Ron Hooker - 18
 Bill Karn - 19
 Sharon Seckel - 20
 Marcella Marr - 20
 Selma Kahler - 21
 Judy Helsel - 28
 Susan Peters - 28

NEW TRIPS & EVENTS

- May 23 (Thurs.) **IN MOTION movement classes at BALLET MET** for adults over 50. The Instructors use movement and dance to develop strength, coordination, flexibility and creativity. Each class begins with a seated warm-up, and includes set movement sequences, improvisation and choreography exercises. Classes last one hour and are followed by snacks, and conversation with Ballet Met Instructors. WHAT FUN! **Time:** Leave Bexley pool at 10:00 am (carpool to save on bus money) **Cost:** Donation of \$5.00. If you feel you need your walker, no problem! I will need volunteers to drive downtown to Ballet Met. Very easy!
- June 6 (Thurs.) **Scioto Downs racing & gaming is back!** Dinner on your own in The Clubhouse or at Eldorado Casino. **Time:** Leave St. Charles at 4:30pm - **Cost:** \$9.00 (bus)
- June 10 (Monday) **Annual trip to Lebanon, Ohio** Golden Lamb for lunch & shops, Outlet Mall or Casino, Consignment Shop, Dorothy Lane Market. **Time:** Leave St. Charles at 8:45 am. Home around 6:00 pm. **Cost:** \$30.00 (all day bus fare)
- June 12 (Wed.) **Kingswood Gardens & Mansion Tour**, Mansfield, Ohio. The Gardens are a historic 42-acre estate with a mansion, gardens and greenhouses.- beautiful in June! Lunch will be on your own at a very reasonably priced restaurant. We will also have time for a ride on the ***Richland Carrousel*** as well as shopping in their quaint shops! **Time:** 8:30 am (St. Charles lot) **Cost** \$40.00. Lunch on your own.
- June 27 (Thurs.) **Mystery lunch** - **Time:** Leave St. Charles @ 10:30 am **Cost:** \$9.00

REMINDERS

- April 24, 2019
(Wednesday) **Our first “MYSTERY” show at Der Dutchman!** I know you love my mystery lunches, so this show is an opportunity to experience the unexpected. Take a chance! I know what the show is and I promise you will have a great afternoon with this show and family-style lunch. Time: Leave Bexley pool at 9:15 am (shopping, lunch and show) Cost: \$59.00 - **PARK AT JEFFREY PARK by TENNIS COURTS!**
- April 30, 2019
(Tuesday) **Card-Making with Linda Kopp at Wexner Heritage Village.** NO experience necessary. 8 cards total will be made: Mother’s Day, Springtime and all occasion cards will be made. Time: 1:00 pm Cost: \$20.00
- May 1, 2019
(Wednesday) **Decorator Showcase returns to the Columbus Museum of Art!** Designers will re-imagine gallery space as living space and use works from the Museum’s collections in their designs. Visit the Treasures & Trinkets shop. Lunch will be on your own at the Schokko Café after our guided tour. CARPOOL from the Bexley pool at 10:00 am or meet at the Museum at 10:15 am. Cost: \$15.00 (group rate)
- May 15, 2019
(Wednesday) **Annual Snooty Fox trip for spring and summer bargains!** We will be stopping at 4 upscale consignment shops and lunch will be catered by the Montgomery Inn. Barbecue chicken instead of pork! Treats will be given at each stop, with of course, ice cream pie at our last stop. Time: Leave Bexley pool at 8:15 am Cost: \$60.00 (bus, lunch, treats)
- May 21, 2019
(Tues.) **Garra Spas - A unique pedicure treatment.** The Spa offers a unique fish spa experience you won't find anywhere else! This special breed of fish known as Garra Rufa, is attracted to the vibration in the water given off by the pulse in your body. Their movement around your feet creates a relaxing feeling that is often described as little bubbles all over your skin, causing a sensation from the tiny fins rapidly moving across your skin is what creates this relaxing feeling! Then, shop and eat (your choice of restaurants or food court in the mall) If you do not want the spa, you can come to shop at Polaris and eat. (Bus fare only!) But, don't miss out! Time: Leave Bexley pool at 9:15 am Cost: \$33.00 (w/ spa) \$10 (without)
- May 24, 2019
(Fri.) **Ballet Dress Rehearsal at Davidson Theatre - “Ballet by Liang”** This is a Mixed Rep Ballet which features 3 different ballets in 1 show, features favorite choreography from Edwaard Liang. Wunderland is a Columbus favorite and the first piece Edwaard ever taught BalletMet dancers. Unfortunately, this ballet is at the Riffe Center instead of the Ohio Theater. This is also the LAST one for this season so I have been asked to schedule it. The Davidson Theatre is not as senior-friendly. Time: Leave Bexley pool lot at 10:00 am - Cost: \$28.00
- May 29, 2019
(Wed.) **Tranquility Salt Cave - Salt Therapy (halotherapy)** provides many healing benefits to the human body. The salt cave is lined with Himalayan rock salt boulders, and literally tons of granulated salt rest on the floor of the cave. Salt caves are good for MANY conditions, sinus, respiratory, helps people with breathing and definitely relaxing, Please google this cave in Columbus and see how much fun we will be having. The videos will explain better than I can. Of course, lunch will follow at a great restaurant! Time: Leave Bexley pool at 9:00 am - Cost: \$29.00 includes bus & treatment.

SilverSneakers® BOOM MOVE™ - Come to the 1st class and see if this class is for YOU!

BOOM is a revolutionary new fitness series designed for Baby Boomers and active Older Adults. Enjoy working out with others? BOOM MOVE is a higher intensity dance workout class that improves cardio endurance and burns calories. This exercise class is specially designed to help you gain energy. Remember, it's not just for girls! MOVE it or lose it!

Location: Jeffrey Mansion

Instructor: Liz Wypasek, Personal Fitness Coach, Silver Sneakers FLEX Instructor and 30+ year Bexley Resident

Dates: April 17 - May 22, 2019 (**Wednesdays**) Time: 12:30 -1:30 pm

Cost: \$30.00 for Non Silver Sneakers Members. Silver Sneakers members - FREE

NOTE: You must register for this particular class through Bexley Recreation with a Credit Card. Call Mary Ellen if interested and she can do it for you.

SilverSneakers FLEX® AN ADDITIONAL CLASS Our class on Friday has been so popular, that people were asking to exercise two times a week! That is GREAT! Cost: \$3.00 per class (Silver Sneaker members are FREE) **TUESDAYS**
___April 30; ___May 7; ___May 14; ___May 21; ___May 28; ___June 4

SilverSneakers FLEX® - at Jeffrey Mansion - FRIDAYS

Strength and balance is important in everyday life and this class will help you improve your ability to feel strong and stable. Strength exercises may include lifting hand-held weights, stretching resistance tubing and using your own body's resistance while also using your core muscles to improve balance and stability. Modifications will encourage all participants to be challenged at their level.

Dates: April 26 - May 31, 2019 (FRIDAYS) - 6 week program (3rd session)

Time: 12:30 - 1:30 pm (Jeffrey Mansion)

Cost: Silver Sneaker Members - NO charge; **Bring your SILVER SNEAKER #**
NON Silver Sneaker members - 3.00 per class (\$18.00 - 6 weeks)

Instructor: Liz Wypasek, long time Bexley Resident, Fitness Coach & SilverSneakers FLEX Instructor.

NOTICE: Betty Kennedy is in charge of our Sunshine Committee program. She sends "Sympathy", "Thinking Of You", "Get Well", "Special Occasion" cards to our Members. IF you know of anyone who should receive one of these cards, please call Betty at 614-253-4522 and let her know. Thank You!

NOTICE - Beginning on July 1st, 2019, the BEAT bus fare will be \$10.00 (instead of \$9.00) for all local day trips (such as Mystery lunches, Ballet, Broadway Series and other short day trips). BAC will continue subsidizing all additional bus fees with our Trash & Treasures profit.

EXCITING NEWS! - Decorator Showcase at the Art Museum - May 1st. There is also an exhibit called "Life in the Age of Rembrandt". Your ticket for the Decorators Showcase INCLUDES this exhibit also. So, feel free to stay after and enjoy both.

LAST MINUTE TRIP YOU WON'T WANT TO MISS!

I have been asked to schedule "Consignment Shopping" all around Columbus & lunch. So, here we go!!

DATE: Thursday, May 30th - **TIME:** 9:30 am - **COST:** \$10.00 Some shops will be ones you have not been to! Others will be our regular awesome ones!

RESERVATION SHEET

Please send money & reservation slip and (X) the reservations of your choice. Make check payable to **BAC Travel** and send it to: 165 North Parkview Ave. Bexley, Ohio 43209 (Attention: Mary Ellen)

REMINDERS

- April 24 ___ Der Dutchman lunch & show - **TIME:** 9:15 am (Bexley pool) **COST:** \$59.00
- April 25 ___ Veterans Museum & lunch - **TIME:** 9:30 am (pool) **COST:** \$21.00
- April 30 ___ Card-Making - **TIME:** 1:00 pm (Wexner Heritage Village) **COST:** \$20.00
- May 1 ___ Decorator Showcase - **TIME:** 10:00 am (pool) **COST:** \$15.00
- May 7 ___ BAC luncheon at Berwick - **TIME:** Noon **COST:** \$12.00
- May 7 ___ "Hello Dolly" Broadway Series - **TIME:** 6:45 pm (pool) **COST:** \$77.00
- May 15 ___ Snooty Fox shops (Cincinnati) **TIME:** 8:15 am (pool) **COST:** \$60.00
- May 21 ___ Garra Spas @ Polaris - **TIME:** 9:15 am (pool) **COST:** \$33.00
- May 24 ___ Ballet Dress Rehearsal - **TIME:** 10:00 am (pool) **COST:** \$28.00
- May 29 ___ Tranquility Salt Cave & lunch - **TIME:** 9:00 am (pool) **COST:** \$29.00
- May 30 ___ Consignment shopping & lunch - **TIME:** 9:30 am - **COST:** \$10.00
- June 18 ___ Ricky Nelson remembered - **TIME:** 9:15 am (St. Charles) **COST:** \$65.00

NEW TRIPS

- May 13 ___ Canadian Rockies presentation at City Hall - **TIME:** 10:00 am
- May 16 ___ Bickford at Bexley - **TIME:** 9:45 am (pool) OR meet at Bickford at 10:00 am
_____ **I DO WANT TO RIDE THE BUS AND WILL BE AT POOL BEFORE 9:45 AM**
- May 23 ___ *In Motion* classes at Ballet Met! - **TIME:** 10:00 am (pool) **COST:** \$5.00
- June 4 ___ BAC luncheon at Berwick - **TIME:** Noon at Berwick **COST:** \$15.00
- June 6 ___ Scioto Downs racing & gaming - **TIME:** 4:30 pm (St. Charles) **COST:** \$9.00
- June 10 ___ Lebanon one-day trip - **TIME:** 8:45 am (St. Charles) **COST:** \$30.00
- June 12 ___ Kingswood Gardens - **TIME:** 8:30 am (St. Charles) **COST:** \$40.00
- June 27 ___ Mystery lunch - **TIME:** 10:30 am **COST:** \$9.00

Silver Sneakers (NEW) (TUESDAYS) ___ April 30; ___ May 7; ___ May 14;
___ May 21; ___ May 28; ___ June 4 (Time: 12:30 pm) (2nd session)

Silver Sneakers Classes (FRIDAYS) ___ April 26; ___ May 3; ___ May 10;
___ May 17; ___ May 24; ___ May 31 (Time: 12:30 pm) (3rd session)

Tuesday classes _____ \$18.00 (6 classes) (Silver Sneakers members - FREE)

Friday classes _____ \$18.00 (6 classes) (Silver Sneakers members - FREE)

Phone # (Required) _____ **Signature** _____

Email _____ **Birthdate** _____

Bexley Activities Club
165 North Parkview Ave.
Bexley, Ohio 43209

