

Learn something new for you!

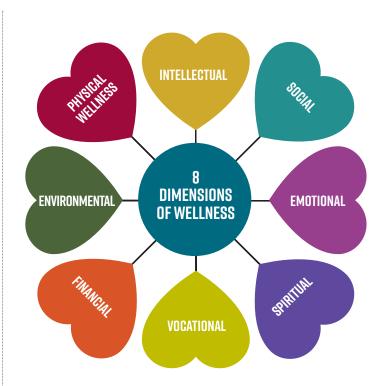
ayley university offers
a variety of educational
instruction to our Bayley
Fitness Center members,
Bayley Residents and Staff,
Sisters of Charity, the Mount

St. Joseph University, and all life long learners in the community.

At Bayley, we believe that holistic wellness includes enhancing our lives in the areas of Intellectual, Social, Emotional, Spiritual, Vocational, Financial, Environmental, and Physical Wellness.

Bayley university Fall Semester 2025/26, kicks off in September and offers 3 and 4 week courses, as well as 1 and 2 hour seminars. The wide variety of courses allows students to enhance their learning in the various dimensions of wellness.

Most courses have an associated fee depending on the length of the class, and whether materials are needed for the course.



Ongoing Learning

The Bayley Fitness Club also offers ongoing learning in the areas of personal training and one-on-one technology training.

Call the Wellness Center Welcome Desk at 513.347.1400 for more information.

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Rooted: Creating Your Family Tree in 4 Weeks

Difficusion of Weilifess	Intellectual
Term	Fall I September 3 rd , 10 th , 17 th , and 24 th
Time/Location	10 a.m 11 a.m La Casa del Sol Ministry Center

Course Description

Dimonsion of Wallness

Ever wanted to trace your roots but didn't know where to start? This 4-week beginner-friendly class will guide you through the processes of building your own ancestor chart--quickly, affordably, and meaningfully. You'll learn how to explore your family history using free online tools and receive helpful guidance. The instructor will focus not only on how to create your family tree, but also on why it matters — gaining historical and spiritual insight to help you feel part of a larger story, including hardship, hope, exile, and belonging. **The maximum number of students allowed is 25.**

Instructor Thomas Hensler

Instructor Bio

Thomas is a retired P&G Researcher/Inventor who graduated from Miami University in 1979. While some people love crossword puzzles, ancestry research has been Tom's endless crossword puzzle for over 40 years. The study of ancestry has helped Tom to understand American and World history by studying direct ancestors and the times they lived through.

understand American and World history by studying direct ancestors and the times they lived through.	
Class Fee	\$40/member, \$45/non-member
Registration Information	Register via the Bayley Fitness App, visiting the Welcome Desk, or by calling 513.347.1400



Fall Prevention

Dimension of Wellness	Physical Wellness
Term	Fall I September 8 th , 15 th , 22 nd , and 29 th
Time/Location	12:30 p.m1:30 p.m. La Casa del Sol Ministry Center

Course Description

Annually, around 37 million adults fall, resulting in millions of injuries and emergency room visits. Many falls can be prevented. This 4-week course will focus on balance and strength exercises, bone health and nutrition, and everyday ways to prevent falls in your home and community. **The maximum number of students allowed is 40.**

Instructor Jaychele Charles

Instructor Bio

Jaychele has been a resident of Delhi for 12 years and employed at Bayley for eight years. She attended the University of Delaware, and her medical boards are in Athletic Training. Her Master's degree is in Kinesiology from Indiana University. Jaychele specializes in rehabilitation of injury, gait and posture rehabilitation, and senior life coaching. She is also an adjunct teacher at Mount St. Joseph University, is married, and has five children.

Class Fee \$40/member, \$45/non-member

Registration Information



Introduction to Zentangle

Dimension of Wellness	Vocational
Term	Fall I Tuesday, September 16th
Time/Location	1 p.m 3 p.m. Bayley Fitness Club Library
Course Description	
Zentangle is a method of drawing using structured repeating patterns called "tangles". When drawing these tangles, you experience a Zen-like state that unlocks your creative spirit. You will learn about the creators and history of this unique drawing method and	

learn five basic tangles (patterns) to get started. Through the easy-to-learn Zentangle method, you can relax, focus, and expand your imagination. All supplies are provided.

The maximum number of students allowed is 18.

Instructor Wendy Gray

Instructor Bio

Wendy Gray has been practicing the art of Zentangle since 2011 and became a Certified Zentangle Teacher (CZT) in 2015. Wendy has taught Zentangle classes in Loveland, Mason, and Lebanon, Ohio, and at the Bayley Fitness Club. Her Zentangle artwork has been featured in art shows across the United States!

Class Fee	\$36/member, \$41/non-member

Registration Information



Stroke Awareness

Dimension of Wellness	Intellectual
Term	Fall I Thursday, September 18th
Time/Location	10 a.m 11 a.m. La Casa del Sol Ministry Center
Course Description Join us for an informative session on stroke away the warning signs, understand risk factors, and to	

counts during a stroke-- knowing what to do can make all the difference. **The**

Instructor

Brittany Frandsen, RN

Instructor Bio

Brittany is a registered nurse and Director of Nursing at Bayley Senior Care, with 8 years of experience in healthcare. She is passionate about improving community health and outcomes and has dedicated time to educating individuals and families about stroke prevention, recognition, and recovery.

Class Fee

FREE

Registration Information

maximum number of students allowed is 40.



Catholic Social Teaching

Dimension of Wellness	Spiritual
Term	Fall I Thursday, September 18th
Time/Location	1 p.m 2:30 p.m. La Casa del Sol Ministry Center
Course Description	
Please join us as we take a doop dive into Catholic social teachings and the Charism of	

Please join us as we take a deep dive into Catholic social teachings and the Charism of the Sisters of Charity. This exciting and interesting course will explore the Sisters of

Charity Justice Circles! The maximum number of students allowed is 40.

Instructor Mackenzie Doyle

Instructor Bio

Mackenzie serves as the Justice Promoter for the Sisters of Charity of Cincinnati. She also has a Master's in Pastoral Ministry from the University of Dayton. Mackenzie believes in the strong value of social justice and educating others on these topics.

Class Fee	\$10/member, \$15/non-member
Class ree	

Registration Information



Pope Francis' Encyclical Laudato Si': On Care for Our Common Home

Dimension of Wellness	Spiritual
Term	Fall I Thursday, September 25th
Time/Location	1 p.m 2:30 p.m. La Casa del Sol Ministry Center
Course Description	
This class is a single presentation on Pope Francis' encyclical Laudato Si': On Care for	

This class is a single presentation on Pope Francis' encyclical Laudato Si': On Care for Our Common Home. 2025 is the 10th Anniversary of the release of this document, which was written, not just to the Catholic Community, but to all people of the world. The presentation will include an overview of the document and explore how individuals and communities throughout the world have responded, and how you, too, can respond. **The maximum number of students allowed is 50.**

Instructor

Caroljean Willie, SC, Ph.D.

Instructor Bio

Caroljean (Cj) Willie is a Sister of Charity of Cincinnati. She holds a Bachelor of Arts in Sociology, a Master's Degree in Reading, and a Ph.D. in Multicultural Education. She has extensive experience working cross-culturally throughout the world and served two terms of office as the NGO representative at the United Nations for the Sisters of Charity Federation. She was also a program director for EarthConnection environmental center sponsored by the Sisters of Charity.

Class Fee	\$10/member, \$15/non-member
Registration Information	Register via the Bayley Fitness App, visiting the Welcome Desk, or by calling 513.347.1400



Part I: Through the Lens: Capturing Images and Telling a Story

Dimension of Wellness	Vocational
Term	Fall I September 26 th & October 3 rd , 10 th , and 17 th
Time/Location	2 p.m 3:30 p.m. Bayley Fitness Club Center Room

Course Description

Do you enjoy taking pictures, but wish they told more of a story? Whether you're a seasoned shutterbug or just snapping shots with your phone, you're invited to a new kind of photography class built for today's technology and your unique perspective. You'll receive weekly photo prompts to explore, then the class will gather to reflect, share, and enjoy the magic that emerges when seeing the world through another lens.

The maximum number of students allowed is 16.

Instructor

Dennis Foster

Instructor Bio

Dennis Foster is a seasoned visual storyteller whose photography journey spans from the fast-paced world of TV news to the reflective realm of teaching in retirement communities. With experience as a photojournalist, university instructor, and lifelong creative, Dennis brings a warm, encouraging approach that celebrates each student's perspective-- whether using a smartphone or a DSLR. His classes mix experienced photographers and curious beginners in a supportive environment.

Class Fee

\$45/member, \$50/non-member

Registration Information



Flavors of Fall

Dimension of Wellness	Physical Wellness
Term	Fall II October 6 th , 13 th , 20 th , and 27 th
Time/Location	12:30 p.m 1:30 p.m. La Casa del Sol Ministry Center
Course Description The month of October means apples, pumpkins	s. cinnamon, sweet potatoes, soups, and

The month of October means apples, pumpkins, cinnamon, sweet potatoes, soups, and casseroles. This 4-week class will talk about the nutritional value of many fall foods and supply ways to add them to your menu. Recipes and a sample will be provided. **The maximum number of students allowed is 40.**

Instructor Jaychele Charles

Instructor Bio

Jaychele has been a resident of Delhi for 12 years and employed at Bayley for eight years. She attended the University of Delaware, and her medical boards are in Athletic Training. Her Master's degree is in Kinesiology from Indiana University. Jaychele specializes in rehabilitation of injury, gait and posture rehabilitation, and senior life coaching. She is also an adjunct teacher at Mount St. Joseph University, is married, and has five children.

Class Fee \$40/member, \$45/non-member

Registration Information



Civil Disobedience in America

Dimension of Wellness	Intellectual
Term	Fall II Tuesday, October 7th
Time/Location	1 p.m 3:15 p.m. Bayley Fitness Club Library
Course Description	
Civil disobedience seems like a contradiction in a democracy's tolerance for dissent and change. Y Adams to Thoreau to the modern era's Edward S in our nation's history. This presentation will intro along with associated historical and modern force number of students allowed is 40.	et from the colonial era's Samuel Snowden, it's been an enduring theme oduce you to its prominent players,
Instructor	Joel Klekamp
Instructor Bio	
When Joel was a child in 1960, he would distribute presidential campaign buttons at UC football games. He continues to be a devotee of the American political scene.	
Class Fee	\$15/member, \$20/non-member
Registration Information	Register via the Bayley Fitness App,

calling 513.347.1400



Journaling for Awareness

Dimension of Wellness	Spiritual
Term	Fall II October 8 th , 15 th , 22 nd , and 29 th
Time/Location	1 p.m 2:30 p.m. La Casa del Sol Ministry Center
Course Description	
This course will assist students in establishing the experience the benefits of writing daily, which incl	ude mental clarity, self-awareness,

and accessing the subconscious mind. This four-week course explores techniques that can be life-changing. The maximum number of students allowed is 20.

Shirley Burch Instructor

Instructor Bio

Shirley grew up in Cincinnati. In 1969, she graduated from Denison University with a BA in English Literature and a teaching credential after college. In 2007, she earned a Master's Degree in Spiritual Psychology from the University of Santa Monica.

Class Fee \$45/member, \$50/non-member

Registration Information



Smart Moves: Buying, Selling, and Market Trends

<u> </u>	
Dimension of Wellness	Financial
Term	Fall II Thursday, October 9th
Time/Location	5:30 p.m 7 p.m. Bayley Fitness Club Center Room
Course Description	
This course will cover a series of topics, from home buying basics to pre-approval to closing day, to financing 101 and what to expect from a lender, and to selling strategies and current market trends. The maximum number of students allowed is 25.	
Instructor	Caroline Rapier and Joe Bandenburg
Instructor Bio	
Join local realtor, Caroline Rapier, with Coldwell	Banker Realty, and Mortgage Advisor,

Joe Bandenburg, with Preferred Rate. They will break down the current market and empower you with the knowledge you need, whether you're buying your first home, selling your family home of many years, or just curious about the market!

Registration Information



Dulcimer Concert: Appalachian Sounds

Baicinici Concerti Appaiacinan Coanas	
Dimension of Wellness	Social
Term	Fall II Monday, October 13th
Time/Location	1 p.m 2p.m. Bayley Fitness Club Center Room
Course Description	
	orm Appalachian and Gospel tunes on dulcimer and autoharp. We invite you to come usic from this wonderful group! The maximum
Instructor	Betty Stoeckel & Members of Hills of

Instructor Bio

Instructor

The mission of *The Hills of Kentucky Dulcimers* club is to entertain and educate the community with the beautiful music of Mountain Dulcimers and traditional mountain instruments. Together, they share a deep love for music.

Class Fee	FREE	

Registration Information

Register via the Bayley Fitness App, visiting the Welcome Desk, or by calling 513.347.1400

Kentucky Dulcimers



Zentangle/Photo Squash Book Album

Dimension of Wellness	Vocational
Term	Fall II Tuesday, October 14th
Time/Location	1 p.m 3:30 p.m. Bayley Fitness Club Library

Course Description

In this class, you will learn how to make a squash book. This fun album can hold your wonderful Zentangle tile creations and/or photos for the perfect brag book. This cute book resembles an explosion album that folds down into a neat 4.5" x 4.5" book. You will learn how to construct this album and to decorate and embellish it. All supplies are provided. **The maximum number of students allowed is 18.**

Instructor Wendy Gray

Instructor Bio

Wendy Gray has been practicing the art of Zentangle since 2011 and became a Certified Zentangle Teacher (CZT) in 2015. Wendy has taught Zentangle classes in Loveland, Mason, and Lebanon, Ohio, and at the Bayley Fitness Club. Her Zentangle artwork has been featured in art shows across the United States!

Class Fee \$36/member, \$41/non-member

Registration Information



Strategies to End Homelessness

Strategies to Liid Homelessiless	
Dimension of Wellness	Vocational
Term	Fall II Thursday, October 23rd
Time/Location	1 p.m 2:30 p.m. La Casa del Sol Ministry Center
Course Description	
This is a single presentation on the extent of homelessness in Cincinnati and the ways people are trying to help both prevent people from becoming homeless and assist those who suffer from homelessness. It is the third of a series of presentations this Fall coordinated by the Sisters of Charity Justice Circles. The maximum number of	

Instructor Kevin Finn

Instructor Bio

students allowed is 40.

Kevin Finn is the President/CEO of Strategies to End Homelessness, which works in partnership with thirty non-profit organizations with the goal of ending homelessness in Greater Cincinnati.

Class Fee \$10/member, \$15/non-member

Registration Information



Part II: Through the Lens: Capturing Images and Telling a Story

Dimension of Wellness	Vocational
Term	Fall II October 24 th and 31 st & November 7 th and 14 th
Time/Location	2 p.m 3:30 p.m. Bayley Fitness Club Center Room

Course Description

Already fallen in love with capturing stories through your lens? This sequel class takes your skills—and your imagination—even further. Whether you're wielding a DSLR or just your trusty phone, you'll dive into all-new weekly photo prompts designed to challenge your eye, deepen your storytelling, and spark creativity in unexpected ways. Each week, we'll gather to share our shots, reflect on the stories behind them, and discover how fresh perspectives can transform the way we see the world. **The maximum number of students allowed is 16.**

Instructor Dennis Foster

Instructor Bio

Dennis Foster is a seasoned visual storyteller whose photography journey spans from the fast-paced world of TV news to the reflective realm of teaching in retirement communities. With experience as a photojournalist, university instructor, and lifelong creative, Dennis brings a warm, encouraging approach that celebrates each student's perspective-- whether using a smartphone or a DSLR. His classes mix experienced photographers and curious beginners in a supportive environment.

Class Fee	\$45/member, \$50/non-member
Registration Information	Register via the Bayley Fitness App, visiting the Welcome Desk, or by calling 513.347.1400



Twelve Holiday Eating Tips

Dimension of Wellness	Physical Wellness
Term	Fall III Monday, November 3 rd
Time/Location	12:30 p.m 1:30 p.m. La Casa del Sol Ministry Center

Course Description

The holidays come with three F's: Family, Friends, and FOOD. Festive foods start appearing as Halloween candy, Thanksgiving turkey, Christmas cookies, and into the New Year's champagne. Spend an hour learning tips you can use this holiday season to maintain your weight and still feel festive. You can savor the holidays without guilt by incorporating mindful eating practices and making small adjustments to your routines and recipes. You will even leave with a recipe or two! Maybe even a sample! **The maximum number of students allowed is 40.**

Instructor

Jaychele Charles

calling 513.347.1400

Instructor Bio

Jaychele has been a resident of Delhi for 12 years and employed at Bayley for eight years. She attended the University of Delaware, and her medical boards are in Athletic Training. Her Master's degree is in Kinesiology from Indiana University. Jaychele specializes in rehabilitation of injury, gait and posture rehabilitation, and senior life coaching. She is also an adjunct teacher at Mount St. Joseph University, is married, and has five children.

Class Fee	\$10/member, \$15/non-member
Registration Information	Register via the Bayley Fitness App, visiting the Welcome Desk, or by



Ministry and Economic Sustainability in Rural Kenya

Dimension of Wellness	Intellectual
Term	Fall III Thursday, November 6 th
Time/Location	2 p.m 3 p.m. Bayley Fitness Club Center Room
Instructor	Oscar Abung'ana

Instructor Bio

Oscar Abung'ana, visiting from his hometown in Kakamega, Kenya, works as the Operations Manager for the Waweza Movement ministry. For the past 10 years, he has overseen the Waweza Rescue Center - an orphanage for vulnerable children. Together, with the local (Cincinnati) founders of the ministry - and fellow missionaries - Oscar and team have transitioned the orphans from primary school to college level and beyond. Waweza Movement and its growing associated ministries have grown sustainability efforts such as building wells, farming, a leatherwork trade, beekeeping, a mobile medical clinic, an herbal medicine clinic, and a widow care program. Oscar, 36, has a degree in Business. He loves his 3 daughters and family, and is passionate about serving children and his local church.

Course Description

Learn how the Waweza ministry catalyzes positive change in rural Kenya. Through faith-based initiatives that have empowered children, staff, and widows to utilize their unique gifts and talents, attendees will gain a deeper understanding of how prayer, passion, and sustainable efforts can provide hope and a future for the poor in Kenya. **The maximum number of students allowed is 50.**

Class Fee	\$10/member, \$15/non-member
Registration Information	Register via the Bayley Fitness App, visiting the Welcome Desk, or by calling 513.347.1400

Physical Wellness



Twelve Gifts of Christmas

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Term	Fall III Monday, November 10 th
Time/Location	12:30 p.m 1:30 p.m. La Casa del Sol Ministry Center

Course Description

Dimension of Wellness

This time of year, we start to hear the question, "What do you want for Christmas?" We will talk about subscriptions, books, technology tools, household items, and more to help you build a Christmas list to impress! This course will talk about things that can help your daily life be safer and more fun. The children and grandchildren will be so happy to get you something that helps boost your health and well-being. **The maximum number of students allowed is 40.**

Instructor Jaychele Charles

Instructor Bio

Jaychele has been a resident of Delhi for 12 years and employed at Bayley for eight years. She attended the University of Delaware, and her medical boards are in Athletic Training. Her Master's degree is in Kinesiology from Indiana University. Jaychele specializes in rehabilitation of injury, gait and posture rehabilitation, and senior life coaching. She is also an adjunct teacher at Mount St. Joseph University, is married, and has five children.

Class Fee	\$10/member, \$15/non-member
Registration Information	Register via the Bayley Fitness App, visiting the Welcome Desk, or by calling 513.347.1400



O'Tanenbaum Zentangle

Dimension of Wellness	Vocational
Term	Fall III Tuesday, November 11 th & 18 th
Time/Location	1 p.m 3:00 p.m. Bayley Fitness Club Library Room

Course Description

Zentangle is an easy-to-learn method of drawing using structured repeating patterns called "tangles". In this class, you will learn to draw 8 tangles (patterns), then "tangle" an 11" x 7.5" wood cutout Christmas tree (Tannenbaum), creating a delightful one-of-a-kind Christmas decoration. All supplies are provided. There are no prerequisite drawing skills needed. **The maximum number of students allowed is 18.**

Instructor Wendy Gray

Instructor Bio

Wendy Gray has been practicing the art of Zentangle since 2011 and became a Certified Zentangle Teacher (CZT) in 2015. Wendy has taught Zentangle classes in Loveland, Mason, and Lebanon, Ohio, and at the Bayley Fitness Club. Her Zentangle artwork has been featured in art shows across the United States!

Class Fee \$50/member, \$55/non-member

Registration Information



Twelve Days of Fitness

Dimension of wellness	Physical wellness
Term	Fall III Monday, November 17 th
Time/Location	12:30 p.m 2:00 p.m. La Casa

Course Description

The holidays are often fast-moving and full of things to do... Decorating the tree, shopping for gifts, attending parties, and hosting family. It's easy to put exercise on hold for the holiday season, but it's hard to get moving again after New Year's. This year, embrace the holiday season while staying active with these fun and accessible exercises you can do right in the comfort of your home when you can't make it to the gym. No more excuses, this class is for all fitness levels, and you will leave with an exercise band to keep. **The maximum number of students allowed is 20.**

Instructor Jaychele Charles

Instructor Bio

Jaychele has been a resident of Delhi for 12 years and employed at Bayley for eight years. She attended the University of Delaware, and her medical boards are in Athletic Training. Her Master's degree is in Kinesiology from Indiana University. Jaychele specializes in rehabilitation of injury, gait and posture rehabilitation, and senior life coaching. She is also an adjunct teacher at Mount St. Joseph University, is married, and has five children.

Class Fee \$15/member, \$20/non-member

Registration Information

Register via the Bayley Fitness App, visiting the Welcome Desk, or by calling 513.347.1400

del Sol Ministry Center

Bayley U Class Sign-Up Instructions per App

1.Locate the Bayley Fitness App on your phone. Once it is located, click on the app and wait for the sign-in screen.

The Bayley Fitness App icon is pictured below.



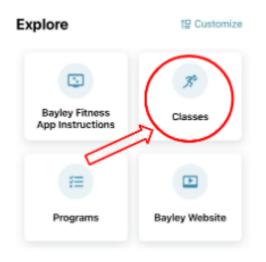
2. Once you are logged into the Bayley Fitness App, click on the 'Explore' tab at the bottom of your screen. It is located next to the 'Home' tab.

The Explore Tab is pictured below.

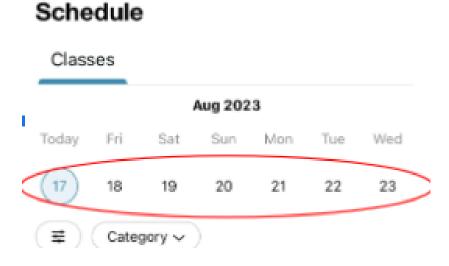


3. Once you have clicked on the 'Explore' tab, click on the 'Classes' tile. Once you are on the Class page, you will see the dates for every day of the week at the top of your screen. Scroll through the dates and find the Bayley U class of your choosing. Once you have found the class(s) that you would like to sign up for, click on them.

The Class tile is pictured below.

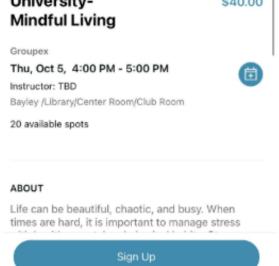


The Class page with dates is pictured below.



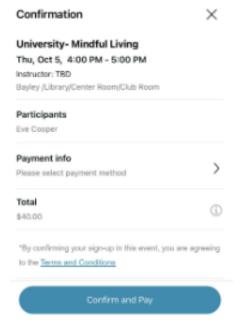
4. Once you have located the Bayley U class that you want to attend, click on the 'sign up' button. You will be able to read the course description, along with the instructor's name and bio, dates/times/location, and price of the course. For explanation purposes, Mindful Living will be the example course to provide details of how to sign up for courses. The sign-up process will be the same for ALL Bayley U classes.

An example of a Bayley U course is pictured below.
University\$40.00



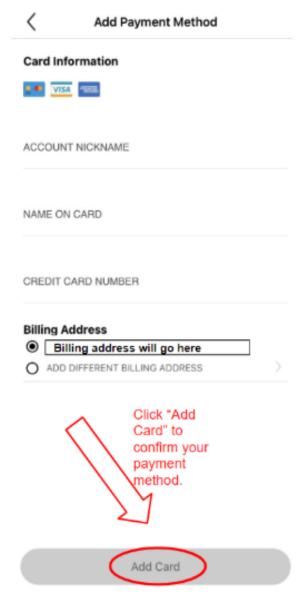
5. Once you decide to sign up for a Bayley U course, click the 'Sign Up' button. You will be prompted with a 'Confirmation' screen, which gives the total amount due to sign up for the class, along with the ability to add a payment method.

An example of the 'Confirmation' screen is pictured below.



6. To add your method of payment, click on the 'Payment info' tab, located under the 'Participants' tab of the confirmation screen. When you click on the 'Payment info' tab, it will say 'Enter New Payment Method.' Click on this tab. You will then be prompted to add a credit/debit card. Once you put in your card, hit 'Add Card,' located at the bottom of the screen.

An example of the payment prompt screen is pictured below.



7. Once your payment method is confirmed, you will be sent back to the 'Confirmation' screen from before. Once all of your information is plugged in and looks good, press 'Confirm and Pay.'

The 'Confirm and Pay' icon is pictured below.

Confirm and Pay

- 8. Once you have confirmed your enrollment, you are all good to go! Keep a close eye on any updates for classes from your instructor.
- 9. Additionally, once you have signed up and paid for a class, you do not have to continue signing up for the class each week. You will be added to the class roster for the entire 'semester.'
- 10. If you have any questions or difficulties, please call 513.347.1400, and the Welcome Desk staff would be happy to assist you. We are also able to schedule Bayley U classes over the phone and in person. Please have your payment method with you when signing up if it is not already on file. Thank you!



La Casa del Sol Ministry Center Directions

If your class is located in the La Casa del Sol Ministry Center, please pay close attention to these directions of how to get there. It is the Sisters' building next to the Wellness Center. Enter through the parking lot off of Bender Road. If you have any trouble, visit or call the Welcome Desk at 513-347-1400.



La Casa del Sol Ministry Center

