



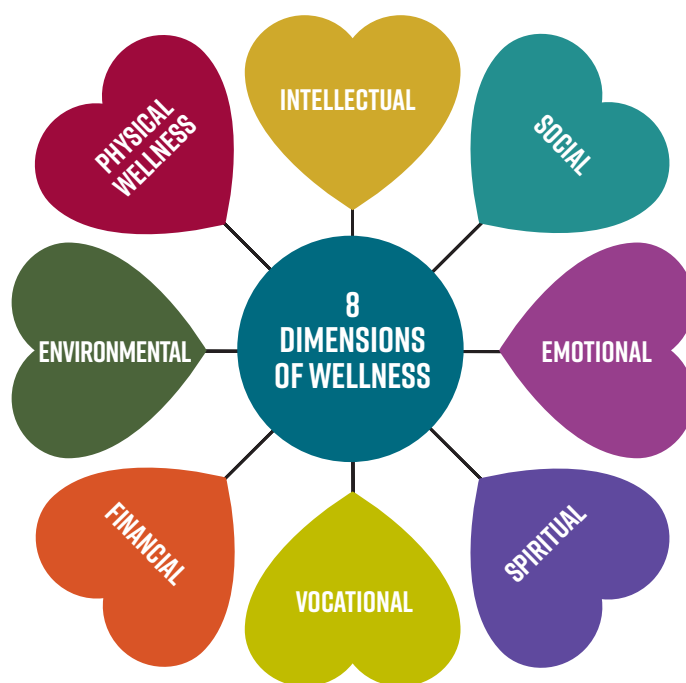
Learn
something
new for
you!

Bayley 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 2026, 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.

To sign up or for more information, visit or call the Wellness Center Welcome Desk at 513.347.1400, or access details via the Bayley Fitness Club app.

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Jumpstart Your Fitness

Dates, Time, & Locations

Thursdays | Sept. 3rd, 10th, 17th, & 24th | 12:30 - 1:30 pm
at La Casa del Sol Ministry Center *Lower Level*

Fridays | Sept. 4th, 11th, 18th, & 25th | 10 - 11 am
at Bayley at Green Township*

Course Description

These two 4-week courses fall under the **Physical Wellness** dimension of the Wellness Wheel and explore the foundations of lifelong fitness through self-assessment, goal setting, simple daily movement strategies, and a variety of exercise options. Participants will gain practical tools to build healthy habits, improve strength and endurance, and create a personalized fitness plan that fits their lifestyle. **The maximum number of participants is 20.**

Instructor

Jaychele Charles

Instructor Bio

Jaychele has lived in Delhi for 12 years and worked at Bayley for eight. She is board-certified in Athletic Training, holds a Master's degree in Kinesiology from Indiana University, and specializes in injury rehabilitation, gait and posture, and senior life coaching. She is also an adjunct instructor at Mount St. Joseph University and is married with five children.

Class Fee

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

***New offering at Bayley at
Green Township!**



Journaling for Fun and Discovery

Dates

Thursdays | Sept. 3rd, 10th, 17th, & 24th

Time/Location

10 - 11 am | La Casa del Sol Ministry
Center *Lower Level*

Course Description

Discover the power of putting pen to paper in this four-week course focused on the **Spiritual Wellness** dimension of the Wellness Wheel. Through daily writing, you'll gain valuable insight into yourself while cultivating mental clarity, self-awareness, personal growth, and a greater sense of overall wellness. **The maximum number of participants is 15.**

Instructor

Shirley Burch

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

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



Introduction to Zentangle

Date

Friday | Sept. 11th

Time/Location

1 - 3 pm | Bayley Wellness
Center Library

Course Description

Explore your creativity in this hands-on course, part of the **Vocational Wellness** dimension of the Wellness Wheel. Learn the basics of the Zentangle Method, a relaxing drawing technique that uses simple, repeating patterns to promote focus, mindfulness, and creative expression. You'll discover the history of Zentangle, practice five foundational patterns, and create beautiful designs—no artistic experience required. If you can hold a pen, you can Zentangle! All supplies are provided. **The maximum number of participants is 18.**

Instructor

Wendy Gray, CZT

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

\$30/member, \$35/non-member



Caring for Creation: Sustainability and Stewardship

Date	Friday Sept. 11 th
Time/Location	12:30 - 2 pm Earth Connection Environmental Center; <i>see directions on page 24.</i>

Course Description

Explore how sustainability, renewable energy, and thoughtful design help care for our planet. As part of the **Environmental Wellness** dimension of the Wellness Wheel, this course highlights the Sisters of Charity's EarthConnection ministry, their commitment to living lightly on Earth, and the sustainable features of the EarthConnection building, including its solar and geothermal energy systems. Participants will also create a simple nature-inspired eco-art project. **This course will take place at the EarthConnection building, located near the Mount St. Joseph University track. There is no maximum number of participants.**

Instructor	Sr. CJ Willie, SC, Ph.D
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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 cross-cultural experience worldwide and served two terms as the NGO representative at the United Nations for the Sisters of Charity Federation. She is also a program director for the EarthConnection environmental center, sponsored by the Sisters of Charity, and works internationally in microfinance.

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

Date

Wednesday | Sept. 16th

Time/Location

10 - 11 am | La Casa del Sol
Ministry Center *Lower Level*

Course Description

Learn how rehabilitation therapies can help reduce pain, improve mobility, and enhance quality of life. As part of the **Physical Wellness** dimension of the Wellness Wheel, this course, led by Bayley Outpatient Therapy, explores alternative pain management techniques, including electrical stimulation (E-stim), therapeutic ultrasound, dry needling, and the benefits of physical, occupational, and speech therapy. Discover how these evidence-based approaches can support recovery, restore function, and help you stay active and independent. **There is no limit to the maximum number of students.**

Instructor

Elias Duthinh

Instructor Bio

Elias is a 2023 Graduate of Arcadia University with a Doctorate in Physical Therapy. Elias has practiced in outpatient therapy for the last two years. During this time, Elias went on to complete his certification in dry needling. He is also a new addition to our Bayley Outpatient Therapy Team!

Class Fee

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



Geology of Cincinnati

Dates

Mondays | Sept. 21st, 28th, Oct. 5th & 12th

Time/Location

3 - 4 pm | La Casa del Sol
Ministry Center *Lower Level*

Course Description

This course is a part of the **Environmental Wellness** dimension of the Wellness Wheel. It is a hands-on introduction to the Geology of Cincinnati, with an emphasis on our world-famous fossil assemblages and on the formation of our local stretch of the Ohio River with its associated hillslopes. Our glacial history is responsible for our city's beauty, fertile soil, terrain, economic resources, and famous landslides. There will be a field trip to a rich fossil site on the last day of classes – collecting is encouraged. **The maximum number of participants is 12.**

Instructor

Meg Riestenberg, Ph.D

Instructor Bio

Meg graduated with an MS in Biology from the University of Cincinnati and with a Ph.D in Geology from the University of Cincinnati. Meg taught Geology, Earth Science, Botany, and Physical Science at MSJU for 34 years, and now volunteers at CREW – Cincinnati Zoo and Botanical Gardens.

Class Fee

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



Hands - Only CPR and AED

Date

Wednesday | September 23rd

Time/Location

10 - 11:30 am | La Casa del Sol
Ministry Center *Lower Level*

Course Description

Gain the knowledge and confidence to respond during a cardiac emergency in this informative, hands-on course. As part of the **Intellectual Wellness** dimension of the Wellness Wheel, participants will learn the fundamentals of Hands-Only CPR, how to recognize the signs of sudden cardiac arrest, and the proper use of an automated external defibrillator (AED). Through demonstration and guided practice, you'll develop practical lifesaving skills and leave better prepared to act quickly and confidently in an emergency. No prior experience is required. **The maximum number of participants is 20.**

Instructor

Delhi Township Fire Department

Instructor Bio

The Delhi Township Fire Department is dedicated to protecting and serving the community through emergency response, fire prevention, public education, and lifesaving training. Bayley is grateful for its longstanding partnership with the department and the many ways its team supports the health and safety of our residents and community members.

Class Fee

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



Praying All Ways

Date	Wednesday Sept. 30 th
Time/Location	12:30 - 1:30 pm La Casa del Sol Ministry Center <i>Lower Level</i>
Course Description	Deepen your spiritual life by exploring meaningful and creative ways to pray. As part of the Spiritual Wellness dimension of the Wellness Wheel, this interactive course invites participants to experience prayer through art, music, poetry, movement, reflection, and other creative expressions. Through guided activities and shared experiences, you'll discover how creativity can become a pathway to mindfulness, spiritual growth, and a deeper connection with your faith and the world around you. There is no limit to the maximum number of participants.
Instructor	Sr. CJ 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 cross-cultural experience worldwide and served two terms as the NGO representative at the United Nations for the Sisters of Charity Federation. She is also a program director for the EarthConnection environmental center, sponsored by the Sisters of Charity, and works internationally in microfinance.
Class Fee	\$15/member, \$20/non-member



Sound Healing: Ancient Harmony to Modern Medicine

Date	Thursday Oct. 1 st
Time/Location	2 - 3 pm La Casa del Sol Ministry Center <i>Lower Level</i>

Course Description

Discover sound's healing power through history—from the perfect octaves, fourths, and fifths of Gregorian Chant and Tibetan singing bowls, to today's growing body of Sound Bath research. Explore how sound is being used across an expanding range of applications, from childbirth to advanced age, illness to wellness, and stress management to inspiration. As part of the **Spiritual Wellness** dimension of the Wellness Wheel, this course offers an opportunity to explore the connection between sound and healing. **The maximum number of participants is 25.**

Instructor	Vincent Linz
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Instructor Bio

After decades-long participation in musical performance, Vince encountered the concept of sound healing a few years ago. With his academic background in scientific research, Vince has explored recent clinical studies supporting the value of musical instruments and tones specifically designed to support healing and wellness.

Class Fee	\$10/member, \$15/non-member
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Planning Ahead with Peace of Mind

Dates

Thursdays | Oct. 1st, 8th, 15th, & 22nd

Time/Location

10 - 11 am | La Casa del Sol Ministry
Center *Lower Level*

Course Description

Learn the basics of funeral and cemetery planning in a relaxed, informative setting designed to answer common questions and take the mystery out of the process. As part of the **Intellectual Wellness** dimension of the Wellness Wheel, this course offers straightforward, educational information about planning ahead (preneed) and making arrangements when a death occurs (at-need). You'll gain a better understanding of your options, common terminology, and practical considerations, helping you make informed decisions with confidence and peace of mind. **The maximum number of participants is 25.**

Instructor

Jerry Auer

Instructor Bio

Jerry Auer is a graduate of the College of Mount St. Joseph and has been with the Cincinnati Catholic Cemetery Society (CCCS) for 46 years. He is a certified funeral planner and has served in multiple roles throughout his career, and currently serves as President of CCCS. He is a proud Elder graduate and Westsider.

Class Fee

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



Strong for Everyday Living

Dates, Time, & Locations

Fridays | Oct. 2nd, 9th, 16th & 23rd | 10 - 11 am
at Bayley at Green Township*

Mondays | Nov. 2nd, 9th, 16th, & 23rd | 12:30 - 1:30 pm
at La Casa del Sol Ministry Center *Lower Level*

Course Description

These two 4-week courses explore practical movement strategies to make everyday activities safer, easier, and more efficient. As part of the **Physical Wellness** dimension of the Wellness Wheel, participants will improve balance, mobility, and confidence while reducing strain on their joints and muscles. Each week focuses on a common daily movement—getting up from the floor, climbing stairs, lifting, and carrying objects—paired with simple exercises to build strength, stability, and endurance. Gain practical skills to help maintain independence, prevent injuries, and move with greater ease every day. **The maximum number of participants is 30.**

Instructor

Jaychele Charles

Instructor Bio

Jaychele has lived in Delhi for 12 years and worked at Bayley for eight. She is board-certified in Athletic Training, holds a Master's degree in Kinesiology from Indiana University, and specializes in injury rehabilitation, gait and posture, and senior life coaching. She is also an adjunct instructor at Mount St. Joseph University and is married with five children.

Class Fee

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

***New offering at Bayley at Green
Township!**



Brain - Body Connection: Small Habits Add Up

Dates

Mondays | Oct. 5th, 12th, 19th, & 26th

Time/Location

12:30 - 1:30 pm | La Casa del Sol
Ministry Center *Lower Level*

Course Description

Explore the connection between brain health, physical wellness, and healthy aging in this engaging course. As part of the **Physical Wellness** dimension of the Wellness Wheel, participants will learn what normal cognitive aging looks like, recognize changes in cognitive function, and discover practical strategies to support long-term brain health. Topics include memory, the effects of social engagement and medications on cognition, and the role of movement, exercise, and nutrition in maintaining cognitive wellness. Each session offers evidence-based information and simple, everyday habits to support a healthier brain and body at any age. **The maximum number of participants is 25.**

Instructor

Jaychele Charles

Instructor Bio

Jaychele has lived in Delhi for 12 years and worked at Bayley for eight. She is board-certified in Athletic Training, holds a Master's degree in Kinesiology from Indiana University, and specializes in injury rehabilitation, gait and posture, and senior life coaching. She is also an adjunct instructor at Mount St. Joseph University and is married with five children.

Class Fee

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



Legal and Financial Planning in Retirement

Dates

Wednesdays | Oct. 7th & 14th

Time/Location

Session 1 (10/7): 10 - 11 am

Session 2 (10/14): 10 - 11:30 am

La Casa del Sol Ministry Center *Lower Level*

Course Description

This two-part educational series is designed to help retirees navigate the important legal and financial decisions that come with retirement. As part of the **Financial Wellness** dimension of the Wellness Wheel, participants will gain a better understanding of estate planning essentials, including wills, trusts, powers of attorney, healthcare directives, and probate, while learning practical steps to protect their wishes, loved ones, and financial future. The series also explores long-term care planning, Medicare and Medicaid, asset protection strategies, and retirement income considerations, providing valuable information to help attendees make informed decisions and plan with confidence for the years ahead. **There is no limit to the maximum number of participants.**

Instructor

Shane Krugler, Krugler Law

Instructor Bio

Shane Krugler is the founder and managing attorney of Krugler Law, LLC, located in Delhi Township. He concentrates his practice in estate planning, elder law, and probate. A Navy Veteran, Shane is passionate about helping older adults and their families understand their legal options and plan confidently for the future through practical education.

Class Fee

\$25/member, \$30/non-member



America 250 Program: Dulcimer Concert

Date	Monday Oct. 12 th
Time/Location	1 - 2:30 pm Bayley Wellness Center Multipurpose Room

Course Description

Enjoy an engaging dulcimer concert that brings American history to life through music and storytelling. As part of the **Social Wellness** dimension of the Wellness Wheel, this program traces the development of our country from its beginnings on the East Coast to its westward expansion and the many stages of growth along the way. Through traditional songs, historical insights, and audience interaction, participants will experience the rich musical heritage that reflects America's journey while enjoying an entertaining opportunity to learn, connect, and share in a unique cultural experience. **The maximum number of participants is 50.**

Musicians	Betty Stoeckel & The Hills of Kentucky Dulcimers
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Musicians Bio

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. Betty is a beloved member of the Bayley Wellness Center and Kentucky Dulcimers Club!

Class Fee	FREE Donations Accepted
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Volunteer Fair

Date	Thursday Oct. 22 nd
Time/Location	1:30 - 3:30 pm Bayley Wellness Center Multipurpose Room
Course Description	Discover meaningful ways to give back during this panel presentation featuring representatives from a variety of Cincinnati-area volunteer organizations. Learn about each organization's mission, volunteer opportunities, and community impact while exploring ways to use your time, talents, and interests to make a difference. Resources will be available, and participants will have the opportunity to ask questions following the presentations. This course supports the Vocational Wellness dimension by encouraging purpose, service, and lifelong engagement. The maximum number of participants is 50.
Instructors	Numerous Volunteer Organizations & Ministries
Class Fee	FREE Donations Accepted



Zentangle: Harvest Gnome

Date	Friday Oct. 23 rd
Time/Location	1 - 3:30 pm Bayley Wellness Center Library

Course Description

Discover the relaxing and creative art of Zentangle, an easy-to-learn drawing method that uses structured, repeating patterns called "tangles." As part of the **Vocational Wellness** dimension of the Wellness Wheel, this hands-on class encourages creativity, focus, and lifelong learning while building artistic skills. Participants will create a charming gnome on a 5-inch square tile while learning how to draw the character, master four to five Zentangle patterns, and apply wallpapering and border shading techniques. Each project kit includes four 5-inch tiles, a brown Micron PN pen, a graphite pencil, a 6-inch ruler, Prismacolor colored pencils, and step-by-step instructions for each tangle. **The maximum number of participants is 20.**

Instructor	Wendy Gray, CZT
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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	\$40/member, \$45/non-member
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Bijou Christmas Ornament

Date	Friday Nov. 20 th
Time/Location	1 - 3:30 pm Bayley Wellness Center Library

Course Description

Zentangle is an accessible and easy-to-learn drawing method that utilizes structured, repeating patterns known as “tangles”. As part of the **Vocational Wellness** dimension of the Wellness Wheel, enjoy creating a Bijou – small and elegant – Christmas ornament decorated with beautiful Zentangle designs. You’ll learn three to four festive Zentangle tangles, then make an ornament using three Bijou tiles, ribbons, and beads. The project pack will include six Bijou paper tiles, a black Micron 01 pen, a red metallic Gelly Roll pen, a green metallic Gelly Roll pen, and ribbon and beads. **The maximum number of participants is 20.**

Instructor	Wendy Gray, CZT
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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	\$40/member, \$45/non-member
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Bayley U Class Sign-Up Instructions per App

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!

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 here.



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.

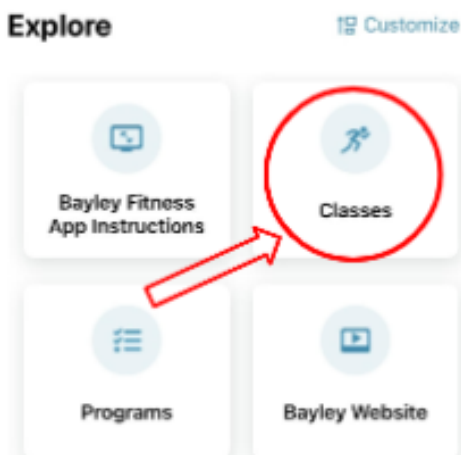
The Explore Tab is pictured below.



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.



Schedule

Classes

Aug 2023

Today Fri Sat Sun Mon Tue Wed

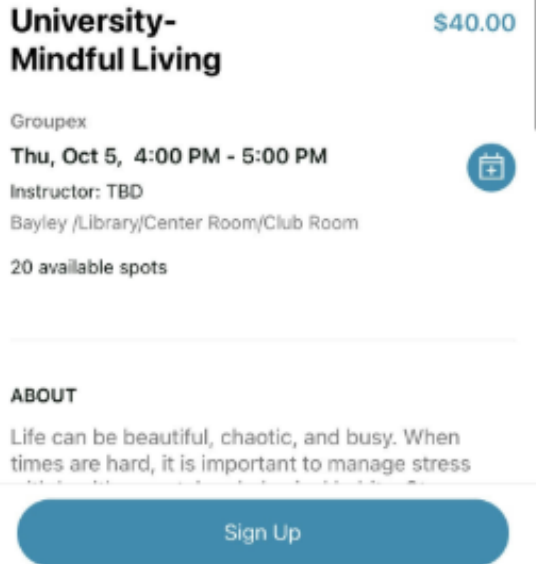


Category ▾

Sign-Up Instructions

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-Mindful Living \$40.00

Groupex

Thu, Oct 5, 4:00 PM - 5:00 PM

Instructor: TBD

Bayley /Library/Center Room/Club Room

20 available spots

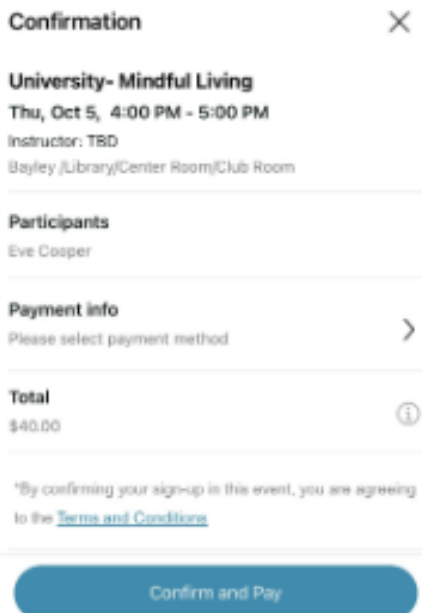
ABOUT

Life can be beautiful, chaotic, and busy. When times are hard, it is important to manage stress

[Sign Up](#)

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.



Confirmation ×

University-Mindful Living

Thu, Oct 5, 4:00 PM - 5:00 PM

Instructor: TBD

Bayley /Library/Center Room/Club Room

Participants

Eve Cooper

Payment info >

Please select payment method

Total ①

\$40.00

*By confirming your sign-up in this event, you are agreeing to the [Terms and Conditions](#)

[Confirm and Pay](#)

Sign-Up Instructions

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.

The screenshot shows a mobile app interface for adding a payment method. At the top, there is a back arrow and the title 'Add Payment Method'. Below this is a section titled 'Card Information' which includes icons for Mastercard, Visa, and American Express. There are three input fields labeled 'ACCOUNT NICKNAME', 'NAME ON CARD', and 'CREDIT CARD NUMBER'. Below these is a section titled 'Billing Address' with two radio button options: 'Billing address will go here' (which is selected) and 'ADD DIFFERENT BILLING ADDRESS'. At the bottom of the screen is a grey button labeled 'Add Card', which is circled in red. A red arrow points from the text 'Click "Add Card" to confirm your payment method.' to the 'Add Card' button.

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.

A blue rounded rectangular button with the text 'Confirm and Pay' in white.

Sign-Up Instructions

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.'**



La Casa del Sol Ministry Center Directions

If your class is located at the La Casa del Sol Ministry Center, please be sure to pay close attention to the directions on 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.



5820 Bender Road Cincinnati, OH 45233



EarthConnection Directions



370 Neeb Rd, Cincinnati, OH 45233
Near the MSJU Track



Bayley at Green Township Directions



5121 North Bend Road, Cincinnati, OH 45211