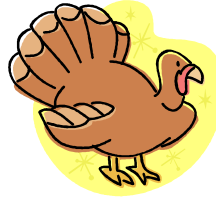


THE CAMPUS INFORMER

Thanksgiving Humor

Test your turkey knowledge with this fun trivia!



- The best time to see a turkey is on a warm clear day or in a light rain.
- Turkeys have heart attacks. When the Air Force was conducting test runs and breaking the sound barrier, fields of turkeys would drop dead.
- Turkeys can drown if they look up when it is raining.
- Benjamin Franklin wanted the national bird to be a turkey.
- A spooked turkey can run at speeds up to 20 miles per hour. They can also burst into flight, approaching speeds between 50-55 mph in a matter of seconds.

A Different Thanksgiving Date?!

- President Lincoln proclaimed that the last Thursday in November would be Thanksgiving in the year 1863. This was due to the continuous efforts of Sarah Josepha Hale, author of the famous "Mary Had a Little Lamb" nursery rhyme. She spent 40 years advocating for a national, annual Thanksgiving holiday. In the years leading up to the Civil War, she saw the holiday as a way to infuse hope and belief in the nation and the constitution.
- During the Great Depression U.S. President Franklin D. Roosevelt agreed to move Thanksgiving up a week to increase the shopping days before Christmas at the urging of retailers. He probably considered it a small change; however, when FDR issued his Thanksgiving Proclamation with the new date, there was an uproar throughout the country.
- On December 26, 1941, Congress passed a law declaring that Thanksgiving would occur every year on the fourth Thursday of November.

Inside this issue:

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Twin Towers is a
Non-Smoking/Tobacco
Free
Campus

Core Values

Respect ~ Innovation
Spirituality ~ Excellence



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Twin Towers Senior Living Community

lec www.lec.org

Twin Towers
A LIFE ENRICHING COMMUNITY
The Choice in Wellness Lifestyle.

SPIRITUALITY

Page 2

I'm getting a tune up on my computer with the promise that after the computer gets all updated it will be fast, really fast.

That seems to be what we want these days isn't it? We want the fastest download on our computer, the fastest way to work in the morning, the fastest way to get rich, the fastest...well the fastest everything.

Even in the Christian world we want the fastest...the fastest healing, the fastest growing church, we want to go from "Saul" to "Paul" in record time. We want a miracle and we want it right now.

I received a lesson in instant miracles a few days ago. My wife's uncle, Rev. Raymond Martin celebrated his 90th birthday. After he graduated from Johnson Bible College and a couple of years in the Navy, Raymond pastored in three churches during his 50 year ministry. The last was the host of the 90th celebration. He served there for over 25 years...baptized over 1200 people, held 300 weddings, 450 funerals, built three buildings, moved the location of the church two times, preached three times per week; simply, steadily doing the work of the ministry. The parsonage where he lived is now the location of City Hall. Although he has been retired from the church for over 20 years most of the town, members of the church and non members came to the celebration; Raymond had been the driving force to change not just a congregation but the whole town.

Want to see a miracle? Plant an acorn in good soil and come back 50 years later. Miracles are not about speed; miracles are about the happening itself.

Blessed by miracles that proceeded me,

Chaplain Joe

CHRISTIAN FELLOWSHIP

Wednesday, November 6, 2013

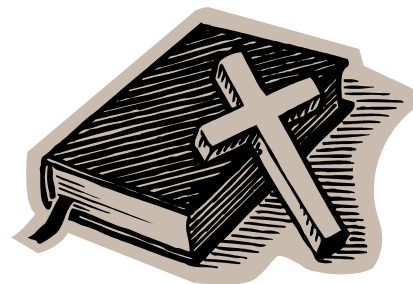
6:30pm - The Gulden Community Center

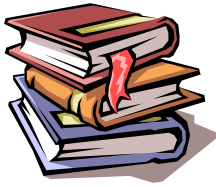
Program: Interfaith Hospitality Network:

From Homeless to Hope

Speaker: Georgine Getty

Georgine Getty has been the Executive Director of Interfaith Hospitality Network of Greater Cincinnati (IHNGC) since April, 2009. She has worked with people experiencing homelessness for over a decade. She previously held the position of Executive Director of Cincinnati Homeless Coalition, and prior to that she worked at First Step Home, a shelter for homeless families in recovery. She lives in Northside with her husband, James, and their two greyhounds, Zigler and Sadie.





LARGE PRINT

Our Twin Towers Library is receiving an increasing number of Large Print books for us to enjoy. They are conveniently located in the corner near the windows. Choose from these and more:

MYSTERIES: "Black Hills" by Nora Roberts

"Mr. Monk and the Blue Flu" by Lee Goldberg

"The Ninth Judgment" by James Patterson

FICTION: "Just Rewards" by Barbara Taylor Bradford

"Secrets" by Jude Deveraux

"Friends Forever" by Danielle Steel

READER'S DIGEST CONDENSED BOOKS - Shelved by year

2011 - 1 "Rainwater" by Sandra Brown

"The Girl Who Chased the Moon" by S. Allen

2011 - 2 "Villa Mirabella" by Peter Pezelli

"The Royal Spyness" by R. Bowen

Choose a book, take it home, enjoy it, then put it in the Return Basket!

Please Get Out and Vote!

Election Day, Tuesday, November 5, 2013 is upon us once again and it is vitally important to vote as we elect new officials and vote on other important issues. The location for registered Twin Tower residents is the Art Gallery. Polls open at 6:30 a.m. and will remain open until 7:30 p.m.

Remember, you must present one of these to vote:

- A government photo ID (Ohio Drivers License or State ID),
Please be sure these have not expired.
- You may bring a copy of a bank statement or government check.

If you are a registered voter but do not have any acceptable form of ID when you come to the Art Gallery, you still have the right to cast a provisional ballot.

ANNIVERSARIES

Page 4



Bob & Lois Parker	November 5, 1944
Fred & Maxine Fishwick	November 27, 1948
John & Margaret Ranz	November 11, 1950
Hazel & Ken Deffren	November 24, 2007

BIRTHDAYS



Alexander Burke	11/01	Bill Blitz	11/16
Mary Wilson	11/02	James Keller	11/16
Ann Middlekamp	11/03	Charles Sallwasser	11/17
Ruth Kirchheiner	11/04	George Bell	11/18
Janet Christophel	11/05	Charlotte Heesten	11/18
Jane Teese	11/05	Loretta Van Driessche	11/18
Barbara Hoover	11/06	Esther Friedhoff	11/19
Marilyn Bauman	11/07	Joe Anne Rossin	11/19
Enid Morrison-Bell	11/09	Lawrence Busby	11/20
Ruth Schrand	11/10	Betsy Hyler	11/20
Ruby Haslerig	11/11	Lorraine Phillips	11/24
Charles Cordle	11/13	Maxine Rubin	11/25
Mary Helwig	11/13	Audrey Rood	11/26
Helene Patterson	11/13	Joyce Steele	11/27
Joan Rumpke	11/13	Iris Steed	11/30

Important Message About The Independent Living Birthday Dinner

When you receive your invitation to the birthday dinner, please sign up on the sheet at the **Towers Desk**. If you bring a guest, please sign their name also, and mark their name as "guest." The dinner is always the second Wednesday of the month. Please register the week before the dinner so the committee knows how many dinners to order and tables to set up. We are unable to accommodate those who have not made reservations.

If you have questions, please call Peggy Wittrock at x2884.



March of the Penguins

Saturday, November 2 - 2:00pm - The Gulden Community Center

A look at the annual journey of Emperor penguins as they march -- single file -- to their traditional breeding ground.

2005 Run Time: 1 hour 20 minutes Rated: G
Documentary Stars: Narrated By - Morgan Freeman

Finding Neverland

Friday, November 15 - 6:30pm - The Gulden Community Center

The movie details the experiences of "Peter Pan" author J.M. Barrie, which lead him to write the children's classic. He got to know four children who have no father. Drawing from his time with the kids, he writes a story about children who don't want to grow up.

2004 Run Time: 1 hour 45 min Rated: PG
Biography/Drama/Family Stars: Johnny Depp, Kate Winslet, Julie Christie, Dustin Hoffman

Some Like it Hot

Friday, November 22 - 6:30pm - The Gulden Community Center

When two musicians witness a mob hit, they flee the state in an all female band disguised as women, but further complications set in.

1959 Run Time: 1 hour 40 min Rated: PG
Comedy Stars: Marilyn Monroe, Tony Curtis, Jack Lemmon

White Christmas

Friday, November 29 - 6:30pm - The Gulden Community Center

1954 Run Time: 1 hour 30 min Rated: G

A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

Musical/Comedy/Romance/Holiday

Stars: Bing Crosby, Danny Kaye, Rosemary Clooney, Vera Ellen



EVENTS & PROGRAMS

Page 6

Friday, November 1

The Merri Mores

6:30pm – The Gulden Community Center

We are a sister act who specialize in the songs from 20's up to the 70's. Gabrielle a fine Musician, who can play the Keyboard, Bass, Guitar, Dixieland Banjo, and has a Soul to her voice. Phoebe also plays the Bass, sound effects and she sings. They are as separate as night and day, yet together they are a well-oiled machine. Their voices blend together as they sing songs from the past.

Sunday, November 3

"Getting to Know the National Underground Railroad Network to Freedom".

2:00pm – The Gulden Community Center

Established in 1998, the National Park Service Underground Railroad Network to Freedom Program coordinates preservation, education, and commemorative efforts related to the history of the Underground Railroad. In this talk, Deanda Johnson will talk about the Underground as a multi-racial social and political movement in which participants took great personal risks to help secure their own freedom or the freedom of others. Attendees will also learn how they can get their local histories recognized by the Network

Monday, November 4

The Sociables

6:30pm - The Gulden Community Center



Come early for a good seat to this much loved trio. Join Dale Renner as he leads the group in an evening of songs from the 30's and 40's. They will also take your requests!

Friday, November 8

Pianist Harry Robinson

6:30pm – The Gulden Community Center

Harry Robinson has been on staff at FBC Mt. Healthy since 1981 serving as pianist, Music Associate and as Worship Leader since 2001. Harry is originally from Mobile, Alabama and received his Bachelor of Music Education from the University of Southern Mississippi. Harry moved to Cincinnati in 1980 and teaches music at Akin High School. He will be accompanied by his wife who will play flute along side of her husband.



Tuesday, November 12

Oola Kahn Grotto Band

7:30pm – The Gulden Community Center

This band is at least 70 years old, and many famous conductors have led it, including march king Henry Fillmore and Deke Moffit, a Cincinnati musician and composer of Little Red Caboose.

Wednesday, November 13

Mike Connelly "Did You Know?"

6:30pm – The Gulden Community Center

Join Mike Connelly for his program on current events, coupled with a blend of historical and little known facts.



EVENTS & PROGRAMS

Page 7

Saturday, November 16

Historian Patsy Gains

2:00pm - The Gulden Community Center

Patsy presents in costume an original dramatic monologue of "Caroline Scott Harrison." Wife of twenty-third President of the United States and the first President General of the Daughters of American Revolution.

Saturday, November 23rd

Children's Performance of "The Wizard of Oz"

2:00pm - The Gulden Community Center

The young cast is made up of 11 home school children ranging in age from 5-15. For some it is their first drama experience and for others it is one of many. The children have been working on this play all summer. They have had a lot of fun with it and hope it is enjoyable for all to watch.

Tuesday, November 26

Gary Griesser Concert

6:30pm - The Gulden Community Center

Gary completed a 27-year career as a professional educator in the Commonwealth of Kentucky and began a new career as a motivational speaker. His Bachelors Degree in Music Education equips him to uniquely blend his speaking with his rich baritone singing voice to earn him the title "singing motivator."

Saturday, November 30

All Campus Bingo



2:00pm - The Gulden Community Center

Everyone loves a good game of Bingo where assorted grand prizes are up for grabs! All residents are encouraged to attend.

SAVE THE DATE

UPCOMING HOLIDAY EVENTS. MARK YOUR CALENDARS!

- **Thursday, November 28th (Thanksgiving Day)**

Dining will have two seating's. 11:00am and 1:00pm. More detailed information to follow soon!

- **Friday, December 6th - Blessing of the Angel Tree, 6:30pm**

Angle Tree Blessing, Belles and Beaux Holiday Concert and Social

- **Saturday, December 7th - Holiday Open House, 1:00pm - 4:00pm**

Residents, Associates and Families enjoy a day filled with special events and programs.

- **Thursday, December 12th - IL Christmas Dinner**

- **Tuesday, December 31st - New Years Eve Dance, 6:00pm - 8:00pm**

Refreshments, music, and dancing to ring in the New Year!

EVENTS & PROGRAMS - OUTINGS

Page 8

Thursday, November 7

Behind – the – Scenes Tour of the Cincinnati Ballet Company and Lunch at Ron's Roost

10:00am – Pick Ups Begin

Take a one hour tour of the Cincinnati Ballet's studio facility. The tour begins with an introduction to Mickey Jarson Kaplan Performance Studio, an up close look at the costumes and wardrobe department and concludes with an exciting viewing of a Ballet Company Rehearsal.

Price for tour is \$2.20. Ron's Roost Menu prices start at \$7.99 and up.

Saturday, November 9

Memorial Hall to present "Veterans Salute" featuring Queen City Concert Band

10:00am – Pick Ups Begin

The Exquisite venue, Memorial Hall is adjacent to Music Hall and the School for Creative and Performing Arts and overlooks Washington Park.

The program will begin with a Color Guard representing all branches of the U.S. Military. The Queen City Concert Band will be on stage to perform patriotic selections, along with popular pieces from the American band literature. No fee for Concert.

Thursday, November 14

The Cincinnati Sign Museum and Lunch at Skyline Chili

10:00am – Pick Ups Begin

Our guided tour will bring to life the stories and history behind the individual signs and evolutions of signs on the American Landscape. The tour includes a visit to the onsite neon shop for a demonstration on how neon signs are made. Tour the Sign Museum for \$10.00. Following our tour, enjoy lunch at Skyline Chili where the menu starts at \$2.99 and up.

Tuesday, November 26

Lunch Bunch Outing to LaRosa's Pizzeria

10:30am – Pick Ups Begin

In 1954, Cincinnati native Buddy LaRosa opened a small neighborhood pizzeria. The Boudinot Pizzeria location has a wonderful menu that offers a wide range of choices to tackle the appetites of everyone. Hearty Salads, Ravioli, Calzones, Spaghetti and Meatballs. Price ranges \$10 and under.

Call The Connection at x4100 to reserve your spot for all outings!

A transportation fee of \$5.00 applies for all outings.

Limited seating available...a cancellation fee will apply.

Please call Tina Spicer at x2086 for additional information.

Many thanks to those who responded

We appreciate those volunteers who returned the annual Volunteer Survey. The survey was sent out to those who volunteered in 2012 and 2013. We have tallied your comments and will be working toward making improvements to the volunteer program based upon your responses and suggestions. We had a 28% return rate. It is heart warming to learn of your continued commitment to Twin Towers! While most volunteers have been with us between 6-10 years we certainly are grateful for those seven volunteers serving for 15-21 years. We will be reviewing your comments in more depth and putting into action your suggestions over the next few months and during the New Year.

Auxiliary Fall Tea and Silent Auction Thank You

The Auxiliary of Twin Towers thanks everyone who participated in this year's, *An Old Fashioned Tea* on October 22, 2013. We would like to thank all of our Twin Towers friends and businesses who donated items for the Silent Auction. A round of applause goes out to the Tea Committee and Silent Auction Committees, Twin Towers Associates and those individuals behind the scenes for the long hours and dedication to strengthen our friendships and most importantly making a positive impact on the lives of the residents of Twin Towers.

Thankful for YOU!

As you celebrate your Thanksgiving traditions of secret family recipes, football, loose-waisted sweatpants and making final preparations for the first day of Christmas shopping; we want you to remember how blessed Twin Towers is with your gift of time, treasure and talent! All the wonderful works you do for others or the time spent at home creating prayer shawls or making follow-up calls; **we are grateful for each of you!** May you have a blessed, safe and memorable Thanksgiving!

NOVEMBER CALENDAR

FRIDAY, NOVEMBER 1

11:00AM THE FRIDAY EDITION (CHANNEL 15)

1:00PM WEAVING (ART STUDIO)

3:00PM CATHOLIC MASS (CHAPEL)

6:30PM THE MERRI MORES (THE GULDEN COMMUNITY CENTER)

SATURDAY, NOVEMBER 2

2:00PM MOVIE MATINEE: MARCH OF THE PENGUINS

(THE GULDEN COMMUNITY CENTER)

3:00PM CATHOLIC MASS (CHAPEL)

Daylight Savings!

Set your clocks back.

Remember: 9:00am Daily Announcement and Inspiration on Channel 15

NOVEMBER CALENDAR

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SUNDAY, NOVEMBER 3	10:30AM CATHOLIC MASS (CHAPEL) 11:00AM SUNDAY SCHOOL (ART GALLERY) 2:00PM UNDERGROUND RAILROAD NETWORK PRESENTATION (THE GULDEN COMMUNITY CENTER) 2:30PM CHAPEL SERVICE* (CHAPEL)
MONDAY, NOVEMBER 4	8:30AM PODIATRIST BY APPT (CLINIC) 10:30AM BIBLE STUDY (HADER ROOM) 3:00PM CATHOLIC MASS (CHAPEL) 6:00PM PRAYER GATHERING (ROOM 200B) 6:30PM THE SOCIABLES (THE GULDEN COMMUNITY CENTER)
TUESDAY, NOVEMBER 5	9:00AM BLOOD PRESSURE CHECKS A-M(CLINIC) 3:00PM TUESDAY BIBLE STUDY (THE GULDEN COMMUNITY CENTER) 3:00PM CATHOLIC MASS (CHAPEL)
WEDNESDAY, NOVEMBER 6	10:00AM CERAMICS CLASS (ART STUDIO) 10:15AM KROGER TRIP 1:00PM WII BOWLING (THE GULDEN COMMUNITY CENTER) 3:00PM CATHOLIC MASS (CHAPEL) 6:30PM CHRISTIAN FELLOWSHIP (THE GULDEN COMMUNITY CENTER)
THURSDAY, NOVEMBER 7	10:00AM CINCINNATI BALLET COMPANY AND LUNCH OUTING PICK UPS BEGIN 10:30AM CHAPEL CHOIR REHEARSAL (CHAPEL) 10:30AM BIBLE STUDY (PRIVATE DINING ROOM) 2:00PM CHAIR VOLLEYBALL (THE GULDEN COMMUNITY CENTER) 3:00PM BELLES & BEAUX (HADER ROOM) 3:00PM CATHOLIC MASS (CHAPEL) 6:00PM OIL PAINTING (ART STUDIO) 6:30PM BRIDGE PLAYERS (ART GALLERY)
FRIDAY, NOVEMBER 8	11:00AM THE FRIDAY EDITION (CHANNEL 15) 1:00PM WEAVING (ART STUDIO) 2:00PM CATHOLIC MASS (CHAPEL) 3:00PM RESIDENT COUNCIL MEETING* (THE GULDEN COMMUNITY CENTER) 6:30PM PIANIST HARRY ROBINSON (THE GULDEN COMMUNITY CENTER)
SATURDAY, NOVEMBER 9	10:00AM MEMORIAL HALL "VETERANS SALUTE" OUTING PICK UPS BEGIN 3:00PM CATHOLIC MASS (CHAPEL)

Remember: 9:00am Daily Announcement and Inspiration on Channel 15

NOVEMBER CALENDAR

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SUNDAY, NOVEMBER 10	10:30AM	CATHOLIC MASS (CHAPEL)
	11:00AM	SUNDAY SCHOOL (ART GALLERY)
	2:30PM	CHAPEL SERVICE* (CHAPEL)
MONDAY, NOVEMBER 11	8:30AM	PODIATRIST BY APPT (CLINIC)
	10:30AM	BIBLE STUDY (HADER ROOM)
	11:00AM	GIVING THANKS FOR VETERANS (CHAPEL)
	3:00PM	CATHOLIC MASS (CHAPEL)
	6:00PM	PRAYER GATHERING (ROOM 200B)
TUESDAY, NOVEMBER 12	9:00AM	BLOOD PRESSURE CHECKS N-Z(CLINIC)
	3:00PM	TUESDAY BIBLE STUDY (THE GULDEN COMMUNITY CENTER)
	3:00PM	CATHOLIC MASS (CHAPEL)
	7:30PM	OOLA KAHN GROTTO BAND (THE GULDEN COMMUNITY CENTER)
WEDNESDAY, NOVEMBER 13	10:15AM	KROGER TRIP
	1:00PM	WII BOWLING (THE GULDEN COMMUNITY CENTER)
	2:00PM	AUDIOLOGIST BY APPT.
	3:00PM	CATHOLIC MASS (CHAPEL)
	4:30PM	IL RESIDENT BIRTHDAY DINNER BY INVITATION ONLY (ART GALLERY)
	6:30PM	MIKE CONNELLY "DID YOU KNOW" (THE GULDEN COMMUNITY CENTER)
THURSDAY, NOVEMBER 14	10:00AM	CINCINNATI SIGN MUSEUM AND LUNCH OUTING PICK UPS BEGIN
	10:30AM	CHAPEL CHOIR REHEARSAL (CHAPEL)
	10:30AM	BIBLE STUDY (PRIVATE DINING ROOM)
	2:00PM	CHAIR VOLLEYBALL (THE GULDEN COMMUNITY CENTER)
	3:00PM	BELLES & BEAUX (HADER ROOM)
	3:00PM	CATHOLIC MASS (CHAPEL)
	6:00PM	OIL PAINTING (ART STUDIO)
	6:30PM	SQUARE DANCING (HADER ROOM)
FRIDAY, NOVEMBER 15	11:00AM	THE FRIDAY EDITION (CHANNEL 15)
	1:00PM	WEAVING (ART STUDIO)
	3:00PM	CATHOLIC MASS (CHAPEL)
	6:30PM	FRIDAY NIGHT MOVIE: FINDING NEVERLAND (THE GULDEN COMMUNITY CENTER)
SATURDAY, NOVEMBER 16	2:00PM	HISTORIAN PATSY GAINS (THE GULDEN COMMUNITY CENTER)
	3:00PM	CATHOLIC MASS (CHAPEL)

Remember: 9:00am Daily Announcement and Inspiration on Channel 15

NOVEMBER CALENDAR

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	10:30AM	CATHOLIC MASS (CHAPEL)
SUNDAY, NOVEMBER 17	11:00AM	SUNDAY SCHOOL (ART GALLERY)
	2:30PM	CHAPEL SERVICE* (CHAPEL)
MONDAY, NOVEMBER 18	8:30AM	PODIATRIST BY APPT (CLINIC)
	10:30AM	BIBLE STUDY (HADER ROOM)
	3:00PM	CATHOLIC MASS (CHAPEL)
	3:00PM	RESIDENT BUDGET MEETING (THE GULDEN COMMUNITY CENTER)
	6:00PM	PRAYER GATHERING (ROOM 200B)
TUESDAY, NOVEMBER 19	3:00PM	TUESDAY BIBLE STUDY (THE GULDEN COMMUNITY CENTER)
	3:00PM	CATHOLIC MASS (CHAPEL)
	6:30PM	ALZHEIMER'S SUPPORT GROUP (DAY STAY)
WEDNESDAY, NOVEMBER 20	10:00AM	CERAMICS CLASS (ART STUDIO)
	10:15AM	KROGER TRIP
	1:00PM	WII BOWLING (THE GULDEN COMMUNITY CENTER)
	1:30PM	EPISCOPAL MASS (CHAPEL)
	3:00PM	CATHOLIC MASS (CHAPEL)
THURSDAY, NOVEMBER 21	10:30AM	PICK-UPS FOR NORTHGATE MALL SHOPPING TRIP
	10:30AM	CHAPEL CHOIR REHEARSAL (CHAPEL)
	10:30AM	BIBLE STUDY (PRIVATE DINING ROOM)
	3:00PM	BELLES & BEAUX (HADER ROOM)
	3:00PM	CATHOLIC MASS (CHAPEL)
	6:00PM	OIL PAINTING (ART STUDIO)
	6:30PM	BRIDGE PLAYERS (ART GALLERY)
FRIDAY, NOVEMBER 22	11:00AM	THE FRIDAY EDITION (CHANNEL 15)
	12:30PM	VARIETY SALE (ROOM 10)
	1:00PM	WEAVING (ART STUDIO)
	3:00PM	CATHOLIC MASS (CHAPEL)
	6:30PM	FRIDAY NIGHT MOVIE: SOME LIKE IT HOT (THE GULDEN COMMUNITY CENTER)
SATURDAY, NOVEMBER 23	2:00PM	CHILDREN'S PERFORMANCE OF "THE WIZARD OF OZ" (THE GULDEN COMMUNITY CENTER)
	3:00PM	CATHOLIC MASS (CHAPEL)

Remember: 9:00am Daily Announcement and Inspiration on Channel 15

NOVEMBER CALENDAR

SUNDAY, NOVEMBER 24

- 10:30AM CATHOLIC MASS (CHAPEL)
- 11:00AM SUNDAY SCHOOL (ART GALLERY)
- 2:30PM CHAPEL SERVICE* (CHAPEL)

MONDAY, NOVEMBER 25

- 8:30AM PODIATRIST BY APPT (CLINIC)
- 10:30AM BIBLE STUDY (HADER ROOM)
- 3:00PM CATHOLIC MASS (CHAPEL)
- 6:00PM PRAYER GATHERING (ROOM 200B)

TUESDAY, NOVEMBER 26

- 10:30AM LUNCH BUNCH OUTING TO LAROSA'S PICK UPS BEGIN
- 1:30PM LOW VISION SUPPORT GROUP (HADER ROOM)
- 3:00PM TUESDAY BIBLE STUDY (THE GULDEN COMMUNITY CENTER)
- 3:00PM CATHOLIC MASS (CHAPEL)
- 6:30PM GARY GRIESSER CONCERTY (THE GULDEN COMMUNITY CENTER)

WEDNESDAY, NOVEMBER 27

- 10:15AM KROGER TRIP
- 11:00AM THANKSGIVING SERVICE (CHAPEL)
- 1:00PM WII BOWLING (THE GULDEN COMMUNITY CENTER)
- 3:00PM CATHOLIC MASS (CHAPEL)

THURSDAY, NOVEMBER 28



- THE CONNECTION AND CLINIC ARE CLOSED
- DAY STAY, SALON, AND BISTRO ARE CLOSED
- NO TRANSPORTATION SERVICES
- 10:30AM CATHOLIC MASS (CHAPEL)

FRIDAY, NOVEMBER 29

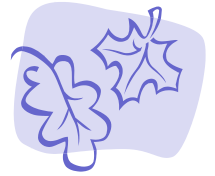
- THE CLINIC IS OPEN FROM 8:00AM - 12:00PM
- THE CONNECTION IS OPEN FROM 9:00AM - 3:00PM
- 11:00AM THE FRIDAY EDITION (CHANNEL 15)
- 1:00PM WEAVING (ART STUDIO)
- 3:00PM CATHOLIC MASS (CHAPEL)
- 6:30PM FRIDAY NIGHT MOVIE: WHITE CHRISTMAS
(THE GULDEN COMMUNITY CENTER)

SATURDAY, NOVEMBER 30

- 2:00PM ALL CAMPUS BINGO PARTY (THE GULDEN COMMUNITY CENTER)
- 3:00PM CATHOLIC MASS (CHAPEL)

Remember: 9:00am Daily Announcement and Inspiration on Channel 15

WELLNESS WISDOM



MANAGING YOUR DIABETES

DURING THE HOLIDAYS

You don't have to give up all of your holiday favorites if you make healthy choices and limit portion sizes. At a party or holiday gathering, follow these tips to avoid overeating and to choose healthy foods.

- Eat a healthy snack to avoid overeating at the party.
- Ask what food will be served, so you can see how it fits into your meal plan.
- Bring a nutritious snack or dish for yourself and others.
- If you're at a buffet, fix your plate and move to another room away from the food, if possible.
- Choose smaller portions.
- Choose low-calorie drinks such as sparkling water, unsweetened tea or diet beverages.
- If you choose to drink alcohol, limit the amount and have it with food. Talk with your health care team about whether alcohol is safe for you.
- Watch out for heavy holiday favorites such as hams coated with a honey glaze, turkey swimming in gravy and side dishes loaded with butter, sour cream, cheese or mayonnaise. Instead, choose turkey without gravy and trim off the skin, or other lean meats.
- Look for side dishes and vegetables that are light on butter, dressing and other extra fats and sugars.
- Watch the salt. Some holiday favorites are made with prepared foods high in sodium. Choose fresh or frozen vegetables that are low in sodium.
- Select fruit instead of pies, cakes and other desserts high in fat, cholesterol and sugar.
- Focus on friends, family and activities instead of food. Take a walk after a meal, or join in the dancing at a party.



Movement Opportunities - Aquatic

Liquid Essence - This is a no impact, 40 minute cardio-respiratory workout with an emphasis on core strength, followed by a 5 minute cool down stretch. *Advanced Level, Low - Moderate Intensity. Class Length: 45 min. Monday, Wednesday - 9:00am*

Aqua-Pilates - This is a low-impact class emphasizing strengthening and stretching movements that require precise breathing and muscle control. Aqua-Pilates helps develop trunk stabilization, enhance muscle strength, improve posture, and relieve stress. *Medium Level, Low-Moderate Intensity. Class Length: 45 min. Friday - 8:45am*

Aqua Level 1 - This water class uses a variety of exercises that will increase range of motion, flexibility, and manage pain. This class is ideal for people with arthritis, fibromyalgia, or recovering from injury. *Beginner Level, Low Intensity. Class Length: 45 min. Tuesday, Thursday - 10:30am*

Aqua Level 2 - This water class is for those who want to move to the next level. This class increases intensity and adds impact. This energizing class combines cardio-respiratory training, flexibility and strength training. This class introduces resistance equipment to the pool. A great way to prepare for the Level 3 class. *Medium Level, Moderate Intensity. Class Length 45 min. Monday, Wednesday, Friday - 11:00am*

Aqua Level 3 - For our more advanced exercisers, this class increases the intensity to another level. This class will incorporate more complex movement patterns, and challenge your cardio-respiratory fitness. This class will utilize resistance equipment for a longer period of time amplifying the focus on strength training. *Advanced Level, High Intensity. Class Length 45min. Monday, Tuesday, Wednesday, Thursday, Friday - 4:00pm Saturday - 9:30am*

Movement Opportunities - Land

Energize Your Life - An overall movement class perfect for all ability levels. Whether you are just starting out or need an energy boost for your afternoon, this class is for you. This class uses free weights to challenge your core balance and overall strength. The class will conclude with flexibility stretches to relax the muscles. *Beginner-Intermediate Intensity.*

Monday - 2:00pm (4th Floor Assisted Living) Wednesday & Friday - 2:00pm (Hader Room)

Gentle Movements - This class offers a combination of slow, gentle movements, to move more confidently and exercise to improve range of motion, flexibility, muscle strength and endurance through a fun and social class setting that is gentle on painful joints and muscles. *Low intensity. Tuesday - 2:00pm (Memory Support) Thursday (3rd Floor) & Friday (2nd Floor) - 10:30am*

Tranquil Motion - Tai Chi movements that emphasize the importance of weight transference, which helps to improve balance and prevent falls. Tai Chi facilitates the flow of qi (pronounce as chee) through the body, a life energy that circulates throughout the body, performing many functions to maintain good physical and intellectual wellness. Wheelchairs welcome! *Low Intensity. Monday & Wednesday - 3:00pm (Hader Room)*

Please Call The Connection x4100 with any questions or class suggestions!

Life Enriching Communities

Celebrating the “significant” moments of our journey is a daily gift that we are blessed with. November 1, 2013 marks the 10th anniversary of the first resident to move into our sister community Twin Lakes. Can you believe that this day has come? In August 2014, Twin Towers will celebrate 115 years of being in existence. We have been so abundantly blessed with each day, each community, each person who has walked through our doors to help be a part of the journey of who we are and what we are meant to become personally and as a community.

As the holiday season is fast approaching, my hope and prayer is that we will quiet our spirit and reflect on all of the blessings that have added **significance** to us in 2013. There have been many milestones celebrated. We opened a New Health Pavilion, worked to expand the parking spaces and walking niches throughout our Twin Towers community and exceeded our fundraising goal for Pastoral Care. We created a community garden that blessed various not-for-profits by the labors of our residents, knitted prayer shawls, donated time throughout the community. We lived out our values of respect, innovation, spiritual and excellence in countless ways. For all of these moments—**significance** was created in celebration of being alive; being able to make an impact in another persons life.

I recently heard that we should **create** JOY each day. The word stands for seeking **JESUS** , serving **OTHERS** each day in small and big ways, and lastly **YOURSELF**. So as we celebrate Thanksgiving, Christmas, Hanukah, Kwanza and the other religious observances, please bring JOY to each of these celebrations.

Together we are creating exceptional everyday experiences by bringing to life our core values and living them and serving wherever we go within our communities.

Thank you for our volunteers, residents, associates and donors. You all are exceptional persons!!

Abundant blessings!

LEC Foundation

FOR YOUR INFORMATION

Do you have a favorite holiday recipe that you would like to share with your Twin Towers family?

Pastoral Care is collecting favorite holiday recipes to include in their 2013 Twin Towers Advent Devotional.

Please submit your favorite recipe to Jennifer in the Pastoral Care Dept. by Friday, November 15th.

