

# TWIN LAKES PRESS

August 2016

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 [www.lec.org](http://www.lec.org)

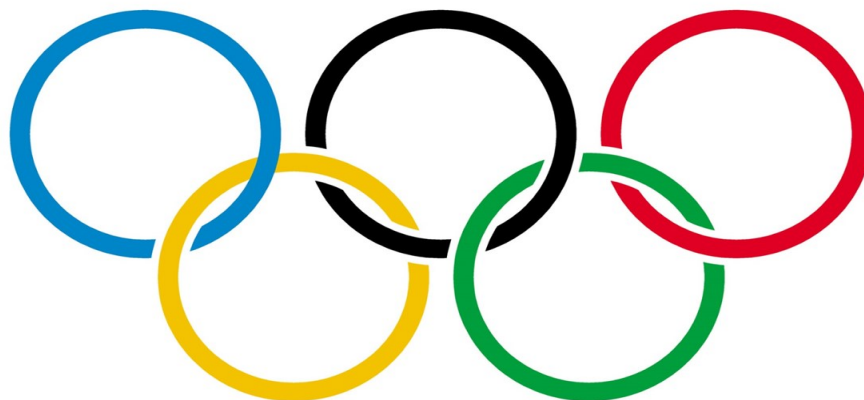


Like us on  
**Facebook**

Twin Lakes Senior Living Community

### Six Dimensions of Wellness

Emotional • Intellectual  
Physical • Social  
Spiritual • Vocational



**It's Twin Lakes VS. Twin Towers**  
**Who will win the Gold?!**

**The games begin Thursday, August 4th. Call The Connection at x1330 or stop by to sign up for a team. Open to all Connection members (Residents, Associates, Community).**

**Deadline to sign up is Monday, August 1st!**

### Swim Team



- Track how many laps, down & back, you swim in the pool (we will calculate miles for you).
- Track how many Aquatic classes you participate in (.5 miles per class).

### Track Team



- Track how many miles you complete on the cardio machines in the Fitness Room.
- Track how many land classes you participate in (.5 miles per class).

**A grand prize will be awarded to the facility, Twin Lakes or Twin Towers, with the most miles! Individual prizes will also be given to the top 3 members from each team with the most miles at the end of the month!**

# A NOTE FROM JIM

Happy August to everyone!

I just came back from a Leadership training session where we talked about stress, what stressors we have, how to alleviate them, and even how to avoid stress completely. I disagreed with some of the opinions expressed by the trainer about stress being so bad for us. Actually some stress is good or we would not have roller coasters, haunted houses, or anticipation for a long awaited vacation. Stress is an overused word that to me is very, very relative.

For instance, a baseball player can feel stress while standing at home plate with 3 balls and 2 strikes and the winning run is on third with two outs; however, most professional baseball players want to be in that stressful situation. Relativity of stress is so huge that it is not worthy to compare. During the session about stress I looked around the room while we were being taught to stretch and exercise to alleviate stress. I thought, as I looked around the room, about all of us having jobs, homes or apartments, seemingly good health and good grooming, and it made me think.....that real stress is:

Not knowing how to care for your family when you don't have a job,

Caring for a spouse or child with a chronic illness,

Collecting metal and selling it to the scrap yard to make your house payment,

Sleeping under an underpass and trying to stay warm,

Working two jobs to pay medical bills,

Living in foster homes that move you from one home to another when you are a child.

I could go on and on.

Thinking about what you have instead of what you don't have is how to handle stress and feeling blessed even if you have hardship. Don't get me wrong; I have stress. However, when we put our stress in perspective, we may feel a little foolish. We are all blessed in different ways. We need to think, when the day seems to be bad, that there are others who have much, much more stress than we can ever imagine!

So, as we go through the month of August, let us give thanks for everything we have and for all the blessings in our lives.

Again as always, thank you for living here at Twin Lakes. It is our privilege to serve you.

Jim

# CAMPUS SHOP

## The Campus Shop

### Hours:

Monday - Friday: 9:30am - 12:00pm, 1:30pm - 4:00pm, & 6:00pm - 7:30pm  
Saturday - Sunday: 1:00pm - 3:00pm

### Phone:

513 - 247-1346

## **BY PATRONIZING THE CAMPUS SHOP, YOU SUPPORT THE BENEVOLENT CARE AND PASTORAL CARE FUNDS.**

Carol Ann Blain, Marge Freshley and Pat French have been busy supplying the Campus Shop with a wonderful assortment of unusual gifts and a great variety of greeting cards. A new shipment has arrived and has been placed in the racks and spinners. Stock up on your greeting card needs while the supply lasts. Ann Flournoy continues to provide beautiful hand crafted cards for every holiday and occasion. We extend an invitation to all residents, associates, family members and our neighbors to browse and shop. All gifts and cards must be seen to be appreciated.

If you feel the need for a snack, a cup of coffee, tea or cocoa, refreshing Coke products or 100% juice, stop in the Campus shop.

Although we are in the second half of 2016, we are still striving to have 100% resident membership in Friends of Twin Lakes, our auxiliary. Pick up a membership form at the Campus Shop or call Joan Mettey, Membership Chair, at X1828 or [jmettey@cinci.rr.com](mailto:jmettey@cinci.rr.com). General membership is \$10 per person.

If you are a 2016 member of Friends of Twin Lakes and show your 2016 membership card when you make a purchase at the Campus Shop, you will be given a chance to win the monthly prize. You must show your 2016 membership card. No exceptions.

When making a purchase with a Campus Shop Gift Certificate, please notify the volunteer in advance as those purchases are not run on the cash register. Only nontaxable items can be purchased with the gift certificates and, as printed on the certificates, no change is given. Our non-taxable items include stamps, food items such as milk, juice, cereal, pastries, cookies, crackers, candy, coffee, tea and cocoa, hand crafted cards, and other items marked as "no tax."

The volunteer signup sheet for September will be posted in the Campus Shop on August 1. Sign up as soon as it is posted to get the dates and times you want.

# Phone Scams

## Phone Scams!

With phone scams on the rise, I would like to give you a few tips on how to keep you and your family from becoming a victim of any scam. Below is a short list of scams to be aware of. It is by no means complete, but offers a glimpse of ways scammers try to take advantage of older adults.

Some Scammers use cleverly designed phone calls to trick you into providing personal information or payment.

**Don't fall victim to scams! Ask yourself:**

### **Could this be a grandparent scam?**

Scammers may pose as your grandchild in trouble in another city or country, needing money.

- Ask a question only your grandchild would know how to answer.
- Call your son or daughter immediately to confirm the location of your grandchild.

### **Could this be an imposter scam?**

Scammers may pose as well-known government agencies or business, such as the IRS. They often disguise the number appearing on caller ID to seem legitimate.

- Do not provide any person any information.
- Hang up the phone.

### **Could this be another type of scam?**

- Is there pressure to act immediately?
- Is payment requested by wire-transfer or prepaid money card?
- Is the caller telling you not to tell friends or family about the conversation?
- Is the caller asking you to provide personal information or provide remote access to your computer or other electronic device?

**If so, this is the sure sign of a scam –  
HANG UP IMMEDIATELY!!!**

Contact the Ohio Attorney General's Office  
By calling 1-800-282-0515 or visiting  
[www.OhioAttorneyGeneral.gov](http://www.OhioAttorneyGeneral.gov)

# SPIRITUAL

## Catholic Mass

Catholic Mass is celebrated every Wednesday morning in the Chapel at 10:30am. Because of the solemnity of the celebration, please arrive a few minutes before Mass begins.

*Celebrants for the month of August are:*

|             |  |
|-------------|--|
| August 3rd  | Fr. Dennis Jaspers<br><i>11th Anniversary Mass</i> |
| August 10th | Fr. Pat Crone                                      |
| August 17th | Fr. Albert Bischoff, S. J.                         |
| August 24th | Fr. Pat Crone                                      |
| August 31st | Fr. Albert Bischoff, S. J.                         |

*Televised on Channel 1852 at 10:30am.*

## Sunday Ecumenical Worship Services

All Are Welcome! Come As You Are!  
All services are held in the Chapel at 4:00pm.

|             |  |
|-------------|--|
| August 7th  | Tom White Piano Concert<br>in place of Worship Service |
| August 14th | Chaplain Jerry Mueller                                 |
| August 21st | Chaplain Paul Burden                                   |
| August 28th | Chaplain Paul Burden                                   |

*Televised on Channel 1852 at 4:00pm.*

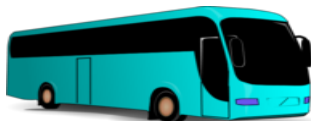
Other than kids returning to school and the winding down of the summer season, I don't think of August as a particularly distinctive month. Yet when I Googled "August holidays" I found that there are many great opportunities for celebration and reflection in August. August 4 is the birthday of the United States Coast Guard, so be sure to thank our Coast Guard veterans for their service. On August 7 the United States observes Purple Heart Day, a day to remember those who have been wounded or killed in battle while serving our great nation. There are also a number of fun and light-hearted holidays like National Relaxation Day (August 15), National Thrift Shop Day (August 17), Kiss and Make Up day (August 25), National Dog Day (August 26), More Herbs Less Salt Day (August 29), and National Toasted Marshmallow Day (August 30)! Of course, we don't have to have a specially designated day to spend time celebrating the people we admire, the things we love, and the ideals we hold dear. We can make any day and every day a holiday when we live it with a spirit of gratitude, hope, and joy. Have a great August! —Chaplain Paul

# TRANSPORTATION

## Need a ride? Have an appointment?

Twin Lakes provides both private and medical transportation services.

Appointments must be made five (5) days in advance, are available on a first come, first served basis, and are subject to availability.



## SHOPPING SHUTTLE

### Montgomery Shopping Center

McKinley and Villas at 9:00am

Central Campus at 9:30am

Continuous return trips until 11:00am

**Thursdays in August: 4th, 11th, 18th, 25th**

### Pipkins Shuttle

Wednesday, August 10th

1:00pm - 2:00pm

### Kenwood Towne Centre and Kenwood Theater

**Wednesday, August 31st**

Return Trips: 12:00pm, 1:00pm, 2:00pm, and 3:00pm

# Big Screen Movies

## Last Vegas

2013, Rated PG-13, 105 mins.

**Saturday, August 6th**

Four sixty something pals—Billy, Paddy, Archie and Sam—gather in Las Vegas to celebrate Billy's upcoming nuptials with the intention of running wild for four straight days. But Sin City has gotten a lot crazier than they could've ever imagined.

## A Place in the Sun

1951, Not Rated, 124 mins.

**Saturday, August 13th**

Dirt-poor George Eastman (Montgomery Clift) lands himself a factory job thanks to a well-to-do uncle's largesse and has a tryst with co-worker Alice (Shelley Winters) to combat his loneliness. But he forgets the uncultured Alice when he becomes smitten with a stunning socialite (Elizabeth Taylor). Alice can't forget George, however, because she's expecting his baby. Their dilemma sets off a course of events that can only end in tragedy.

## High Anxiety

1977, Rated PG, 94 mins.

**Saturday, August 20th**

Psychiatric administrator Dr. Thorndyke finds some bizarre shenanigans occurring at the Psychoneurotic Institute for the Very, Very Nervous. But when he's framed for murder, Dr. Thorndyke must confront his own neurotic demons to clear his name.

## The Three Musketeers

1993, Rated PG, 105 mins.

**Saturday, August 27th**

Athos, Porthos and Aramis band together to protect their king from the evil schemes of Cardinal Richelieu. An eager novice, D'Artagnan, joins forces with the legendary trio in hopes of following in his father's footsteps and becoming a Musketeer.

***All movies will be shown at 1:00pm in the Montgomery Room.***

# Calendar of Events

| Sunday  | Monday  | Tuesday   | Wednesday  |
|---|---|---|--|
|   | 1   | 2   | 3  |
|   | 9:30 Muscles in Motion - M&E<br>10:30 Ping Pong - BR<br>10:30 Specs Fix - AS<br>11:00 Aqua Level 2 - AA<br>1:30 Bible Study - CR<br><b>3:15 Coloring Book Club - CR</b><br>3:30 Aqua Level 3 - AA<br><b>7:00 Dixieland Domes-CH</b>   | 10:00 Circuit Training - M&E<br>10:00 Oil Painting - AS<br>11:00 Balance Class - M&E<br>11:00 Aqua Level 1 - AA<br>1:00 American Mahjong - FS<br>1:30 Social Bridge - CR<br>3:00 Play BINGO! - AS<br>3:30 Aqua 20-20-5 - AA<br><b>7:00 "Growing up under the Swastika"-CH</b>   | 9:30 Muscles in Motion - M&E<br>10:00 Coffee and Art - PS<br>10:30 Catholic Mass - CH<br>10:30 Pool/Billiards Club - BR<br>11:00 Aqua Level 2 - AA<br><b>11:40 Mystery Lunch (1st choice)</b><br>1:00 Pipkins Shuttle<br>1:30 Mahjong - CR<br>3:30 Aqua Level 3 - AA                                       |
| 7   | 8   | 9   | 10   |
| <b>4:00 Tom White Piano Concert in the Chapel to replace the Ecumenical Worship Service</b> | 9:30 Muscles in Motion - M&E<br>10:30 Ping Pong - BR<br>10:30 Specs Fix - AS<br>11:00 Aqua Level 2 - AA<br>1:30 Bible Study - CR<br><b>3:15 Coloring Book Club - CR</b><br>3:30 Aqua Level 3 - AA<br><br><i style="text-align: center;"><b>Rudino's Night</b></i><br><i style="text-align: center;"><b>5:00pm to 7:30pm</b></i> | <b>9:40 Taft Museum Outing</b><br>10:00 Circuit Training - M&E<br>10:00 Oil Painting - AS<br>11:00 Balance Class - M&E<br>11:00 Aqua Level 1 - AA<br>1:00 American Mahjong - FS<br>1:30 Social Bridge - CR<br>3:00 Play BINGO! - AS<br>3:30 Aqua 20-20-5 - AA<br><b>7:00 All Campus Sing-a-Long With Mike Pendell</b> | 9:30 Muscles in Motion - M&E<br>10:00 Coffee and Art - PS<br>10:30 Catholic Mass - CH<br>10:30 Pool/Billiards Club - BR<br>11:00 Aqua Level 2 - AA<br>1:00 Pipkins Shuttle<br>1:30 Mahjong - CR<br>3:00 Alzheimer's Support Group - DS<br>3:30 Aqua Level 3 - AA<br><b>4:00 Friends of Twin Lakes - CH</b> |
| 14  | 15  | 16  | 17   |
| 4:00 Ecumenical Worship Service - CH  | 9:30 Muscles in Motion - M&E<br>10:30 Ping Pong - BR<br>10:30 Specs Fix - AS<br>11:00 Aqua Level 2 - AA<br><b>11:10 Mystery Lunch (2nd choice)</b><br>1:30 Bible Study - CR<br><b>3:15 Coloring Book Club - CR</b><br>3:30 Aqua Level 3 - AA<br><b>3:30 The "Bookies"- NC</b>   | <b>10:00 CC Coffee Chat - CR</b><br>10:00 Circuit Training - M&E<br>10:00 Oil Painting - AS<br>11:00 Balance Class - M&E<br>11:00 Aqua Level 1 - AA<br>1:00 American Mahjong - FS<br>1:30 Social Bridge - CR<br>3:00 Play BINGO! - AS<br>3:30 Aqua 20-20-5 - AA   | 9:30 Muscles in Motion - M&E<br>10:00 Coffee and Art - PS<br>10:30 Catholic Mass - CH<br>10:30 Pool/Billiards Club - BR<br>11:00 Aqua Level 2 - AA<br>1:30 Mahjong - CR<br>3:30 Aqua Level 3 - AA<br><b>4:00 Cartooning with Duane-CH</b>  |
| 21  | 22  | 23  | 24   |
| 4:00 Ecumenical Worship Service - CH  | 9:30 Muscles in Motion - M&E<br>10:30 Ping Pong - BR<br>10:30 Specs Fix - AS<br>11:00 Aqua Level 2 - AA<br><b>11:20 Reds vs. Dodgers Outing</b><br>1:30 Bible Study - CR<br><b>3:15 Coloring Book Club - CR</b><br>3:30 Aqua Level 3 - AA   | 10:00 Circuit Training - M&E<br>10:00 Oil Painting - AS<br>11:00 Balance Class - M&E<br>11:00 Aqua Level 1 - AA<br>1:00 American Mahjong - FS<br>1:30 Social Bridge - CR<br><b>1:00 The Frontier at your Feet Lecture Series-CH</b><br>3:00 Play BINGO! - AS<br>3:30 Aqua 20-20-5 - AA                                | 9:30 Muscles in Motion - M&E<br>10:00 Coffee and Art - PS<br>10:30 Catholic Mass - CH<br>10:30 Pool/Billiards Club - BR<br>11:00 Aqua Level 2 - AA<br><b>1:00 Birthday Cake Party- AS</b><br>1:30 Mahjong - CR<br>3:30 Aqua Level 3 - AA   |
| 28  | 29  | 30  | 31   |
| 4:00 Ecumenical Worship Service - CH  | 9:30 Muscles in Motion - M&E<br>10:30 Ping Pong - BR<br>10:30 Specs Fix - AS<br>11:00 Aqua Level 2 - AA<br><b>12:00 Cincinnati Museum Center "Da Vinci-The Genius"</b><br>1:30 Bible Study - CR<br><b>3:15 Coloring Book Club - CR</b><br>3:30 Aqua Level 3 - AA  | 10:00 Circuit Training - M&E<br>10:00 Oil Painting - AS<br>11:00 Balance Class - M&E<br>11:00 Aqua Level 1 - AA<br>1:00 American Mahjong - FS<br>1:30 Social Bridge - CR<br><b>2:00 Chris Branham with Special guest Calista</b><br>3:00 Play BINGO! - AS<br>3:30 Aqua 20-20-5 - AA                                   | 9:30 Muscles in Motion - M&E<br>10:00 Coffee and Art - PS<br>10:30 Catholic Mass - CH<br>10:30 Pool/Billiards Club - BR<br>10:30 Kenwood Towne Center Shuttle<br>11:00 Aqua Level 2 - AA<br><b>11:10 Explore Your Appetite</b><br>1:30 Mahjong - CR<br>3:30 Aqua Level 3 - AA                              |
| 8   |   |   |  |

# August 2016

| Thursday  | Friday  | Saturday   |
|---|---|--|
| <p style="text-align: right;"><b>4</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle<br/>           9:30 CC Montgomery Kroger Shuttle<br/>           10:00 Circuit Training - M&amp;E<br/>           11:00 Balance Class - M&amp;E<br/>           11:00 Aqua Level 1 - AA<br/>           3:30 Aqua 20-20-5 - AA<br/> <b>4:00 CC Resident Meeting-CH</b><br/><br/> <i>2016 Olympics Begin</i></p>   | <p style="text-align: right;"><b>5</b></p> <p>9:30 Muscles in Motion - M&amp;E<br/> <b>10:30 SC Resident Meeting –Mont</b><br/>           10:30 Ping Pong - BR<br/>           11:00 Aqua Level 2 - AA<br/>           12:30 Senior Boxing-M&amp;E<br/>           1:30 Scrabble - CR<br/>           3:30 Aqua Level 3 - AA<br/> <b>6:55 Lumenocity Outing</b></p>   | <p style="text-align: right;"><b>6</b></p> <p>1:00 Hong Kong Mahjong - CR<br/> <b>1:00 Big Screen Movie - Mont</b><br/> <u><b>Last Vegas</b></u><br/>           7:00 Bingo - AS<br/>           7:30 Open Bridge - CR<br/><br/> <i>Connection Hours</i><br/> <i>8:00 am- 12:30 pm</i><br/> <i>Open Gym / Open Swim</i></p>  |
| <p style="text-align: right;"><b>11</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle<br/>           9:30 CC Montgomery Kroger Shuttle<br/>           10:00 Circuit Training - M&amp;E<br/>           11:00 Balance Class - M&amp;E<br/>           11:00 Aqua Level 1 - AA<br/>           1:00 Duplicate Bridge - CR<br/> <b>1:00 Twin Lakes Veterans Group-AS</b><br/>           3:30 Aqua 20-20-5 - AA<br/> <b>7:00 Ladies Chat-CR</b></p> | <p style="text-align: right;"><b>12</b></p> <p>9:30 Muscles in Motion - M&amp;E<br/>           10:30 Ping Pong - BR<br/>           11:00 Aqua Level 2 - AA<br/>           12:30 Senior Boxing-M&amp;E<br/>           1:30 Scrabble - CR<br/>           3:30 Aqua Level 3 - AA</p>   | <p style="text-align: right;"><b>13</b></p> <p>10:00 SC Ladies Coffee Chat-Gazebo<br/>           1:00 Hong Kong Mahjong - CR<br/> <b>1:00 Big Screen Movie - Mont</b><br/> <u><b>A Place in the Sun</b></u><br/>           7:00 Bingo - AS<br/>           7:30 Open Bridge - CR<br/><br/> <i>Connection Hours</i><br/> <i>8:00 am- 12:30 pm</i><br/> <i>Open Gym / Open Swim</i></p>   |
| <p style="text-align: right;"><b>18</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle<br/>           9:30 CC Montgomery Kroger Shuttle<br/>           10:00 Circuit Training - M&amp;E<br/>           11:00 Balance Class - M&amp;E<br/>           11:00 Aqua Level 1 - AA<br/> <b>1:00 Therapy Program-Mont</b><br/>           3:30 Aqua 20-20-5 - AA<br/> <b>7:00 Queen City Songbirds-CH</b></p>  | <p style="text-align: right;"><b>19</b></p> <p><b>9:00 NC Coffee Chat - CL</b><br/>           9:30 Muscles in Motion - M&amp;E<br/>           10:30 Ping Pong - BR<br/>           11:00 Aqua Level 2 - AA<br/>           12:30 Senior Boxing-M&amp;E<br/>           1:30 Scrabble - CR<br/>           3:30 Aqua Level 3 - AA</p>  | <p style="text-align: right;"><b>20</b></p> <p>1:00 Hong Kong Mahjong - CR<br/> <b>1:00 Big Screen Movie - Mont</b><br/> <u><b>High Anxiety</b></u><br/>           7:00 Bingo - AS<br/>           7:30 Open Bridge - CR<br/><br/> <i>Connection Hours</i><br/> <i>8:00 am- 12:30 pm</i><br/> <i>Open Gym / Open Swim</i></p>   |
| <p style="text-align: right;"><b>25</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle<br/>           9:30 CC Montgomery Kroger Shuttle<br/>           10:00 Circuit Training - M&amp;E<br/>           11:00 Balance Class - M&amp;E<br/>           11:00 Aqua Level 1 - AA<br/>           1:00 Duplicate Bridge - CR<br/>           3:30 Aqua 20-20-5 - AA<br/> <b>4:00 Julie Clifford-FS</b></p>  | <p style="text-align: right;"><b>26</b></p> <p><b>9:00 Walk It Out Winton Woods</b><br/>           9:30 Muscles in Motion - M&amp;E<br/>           10:30 Ping Pong - BR<br/>           11:00 Aqua Level 2 - AA<br/>           12:30 Senior Boxing-M&amp;E<br/>           1:30 Scrabble - CR<br/> <b>3:00 Movie Matinee Featuring</b><br/> <b>“All the King’s Men”- Mont</b><br/>           3:30 Aqua Level 3 - AA</p> | <p style="text-align: right;"><b>27</b></p> <p>10:00 SC Ladies Coffee Chat-Gazebo<br/>           1:00 Hong Kong Mahjong - CR<br/> <b>1:00 Big Screen Movie - Mont</b><br/> <u><b>The Three Musketeers</b></u><br/>           7:00 Bingo - AS<br/>           7:30 Open Bridge - CR<br/><br/> <i>Connection Hours</i><br/> <i>8:00 am- 12:30 pm</i><br/> <i>Open Gym / Open Swim</i></p> |
| <p><b>KEY TO THE AREAS</b></p> <p>AA Aquatic Area<br/>           AS Art Studio<br/>           BR Billiards Room<br/>           CC Central Campus<br/>           CF Cafe<br/>           CH Chapel<br/>           CON The Connection</p>  | <p>M&amp;E Movement &amp; Education<br/>           MDR Main Dining Room<br/>           Mont Montgomery Room<br/>           NC North Campus<br/>           PS Pottery Studio<br/>           SC South Campus<br/>           RT Rotunda<br/>           WCC Welcome Center Conf.</p>  | <p>CL Clubhouse at NC<br/>           CR Card Room<br/>           CS Campus Shop<br/>           DS Daystar Room<br/>           LIB Twin Lakes Library<br/>           LIL Living Is Learning<br/>           FS Fireside Lounge</p>   |
|   |   | <b>9</b>   |



# Going Out

## Cincinnati Museum Center Presents "Da Vinci-The Genius"

Monday, August 29th

*Cost: \$24, includes admission into exhibit and transportation.*

*The Genius* presents the mind and works of a man whose brilliance has only been enhanced by the test of time. The interactive, hands-on exhibit presents the timeless blend of science, technology, engineering, art and culture in a way that will challenge you to pursue knowledge and dare to dream.

Transportation Schedule:

- South Campus Mail Kiosk: 12:00pm
- Central Campus Apt. Building: 12:10pm
- Clubhouse at North Campus: 12:15pm

**To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 3:30pm.***

## Free BAMSO Concert

Monday, September 5th at 6:00pm.

Transportation Schedule:

- South Campus Mail Kiosk: 5:20pm
- Central Campus Apt. Building: 5:25pm
- Clubhouse at North Campus: 5:30pm

**To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 8:30pm.***



## Reds vs. Mets

Wednesday, September 7th

*Cost: \$35, includes ticket and transportation*

Transportation Schedule:

- South Campus Mail Kiosk: 11:20am
- Central Campus Apt. Building: 11:25am
- Clubhouse at North Campus: 11:30am

**To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 4:30pm.***

## Mystery Lunch (1st Date Choice)

Friday, September 9th

*Cost: \$7 transportation, plus lunch on your own.*

Transportation Schedule:

- South Campus Mail Kiosk: 11:10am
- Central Campus Apt. Building: 11:15am
- Clubhouse at North Campus: 11:20am

**To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 3:00pm.***

## There is still time to sign up for The Wilds Safari Park

Wednesday, September 14th

*Cost: \$60 each, includes transportation on a rented bus, an open air safari tour and a catered deli buffet lunch after the tour.*

Transportation Schedule:

- South Campus Mail Kiosk: 7:00am
- Central Campus Apt. Building: 7:05am
- Clubhouse at North Campus: 7:10am

**To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 5:00pm.***

# GOING OUT

## POPS: Hollywood Action and Adventure

Friday, September 16th at 8:00pm

**\*\*This outing is for POPS Series Subscribers only. You may call the Activity Line at X1321 to sign up for transportation only if you have your own POPS ticket.\*\***

Transportation Schedule:

- South Campus Mail Kiosk: 6:40pm
- Central Campus Apt. Building: 6:45pm
- Clubhouse at North Campus: 6:50pm

To sign up for TRANSPORTATION ONLY please call the Activity Line at X1321. *Estimated time back to Twin Lakes 11:00pm.*

## Mystery Lunch (2nd Date Choice)

Wednesday, September 21st

*Cost: \$7 transportation, plus lunch on your own.*

Transportation Schedule:

- South Campus Mail Kiosk: 11:40am
- Central Campus Apt. Building: 11:45am
- Clubhouse at North Campus: 11:50am

To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 3:00pm.*

## Golf Scramble at Little Miami Golf Course

Thursday, September 22nd

*Cost: \$16, includes 9-Hole Course with Greens Fee.*

*Grab your clubs and meet at the Little Miami Golf Course at 9:00am for a 9:30am Tee Time with fellow Twin Lakes Golfers and manager of the Connection, Jon Williamson.*

To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number.

## Walk It Out to Gorman Heritage Farm

Friday, September 23rd

Meet in the Connection at 9:00am.

*Cost: \$14, includes transportation and boxed lunch. One type of lunch for everyone.*

To sign up, please call the Activity Line at X1321. Leave your name, phone number, APT/VILLA number and if you want a boxed lunch. *Estimated time back to Twin Lakes 1:00pm.*

## Explore Your Appetite to Greyhound Tavern

Monday, September 26th

*Cost: \$7 transportation, plus lunch on your own.*

Transportation Schedule:

- South Campus Mail Kiosk: 11:10am
- Central Campus Apt. Building: 11:15am
- Clubhouse at North Campus: 11:20am

To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 3:00pm.*

# Going Out

## Montgomery Historic Tour with Nick Rehtin

Wednesday, September 28th

*Cost: \$7 transportation. Enjoy a tour of Historic Montgomery all from the bus!*

Transportation Schedule:

- South Campus Mail Kiosk: 1:00pm
- Central Campus Apt. Building: 1:05pm
- Clubhouse at North Campus: 1:10pm

To sign up, please call the Activity Line at X1321.  
Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 3:30pm.*

## Woodford Reserve Distillery Tour

Monday, October 17th

*Cost: \$40, includes transportation, tour of distillery and lunch.*

Enjoy a tour for guided education through the Distillery that explains the history of bourbon, Woodford's unique five sources of flavor, the bottling process, and much more.

At the end of the tour, each person can taste their award-winning craft bourbon.

*Please note travel time is 1hr 30min in each direction. This outing is completely wheelchair accessible. Please wear comfortable walking shoes. Snacks and water will be provided on bus.*

Transportation Schedule:

- South Campus Mail Kiosk: 8:50am
- Central Campus Apt. Building: 8:55am

To sign up, please call the Activity Line at X1321.  
Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 4:00pm.*

## Broadway Cincinnati Presents

### *Phantom of the Opera*

Tuesday, November 15th at 7:30pm

*Cost: \$90, includes transportation and ticket in center orchestra*

*Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's The Phantom of the Opera comes to a city near you as part of a brand new North American Tour. This production, which retains the beloved story and thrilling score, boasts exciting new special effects, scenic and lighting designs, staging and choreography and has been hailed by critics as "bigger and better than ever before."*



Transportation Schedule:

- South Campus Mail Kiosk: 6:30pm
- Central Campus Apt. Building: 6:35pm
- Clubhouse at North Campus: 6:40pm

To sign up, please call the Activity Line at X1321.  
Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 11:00pm.*

# staying in

## Dixieland Domes

Monday, August 1st at 7:00pm in the Chapel

## Twin Lakes Resident, Sonja Stratman, shares her “Growing up under the Swastika” talk

Tuesday, August 2nd at 7:00pm in the Chapel.

## Tom White Piano Concert

Sunday, August 7th at 4:00pm in the Chapel. This concert will take the place of the normally scheduled Sunday Ecumenical Worship Services.

## All Campus Sing a Long With Mike Pendell

Tuesday, August 9th at 7:00pm in the  
Fireside Room

## Ladies Chat

Thursday, August 11th at 7:00pm in the  
Card Room with Jamie Endicott

## Queen City Songbirds

Thursday, August 18th at 7:00pm  
in the Chapel

## Cartooning with Duane

Wednesday, August 17th at  
4:00pm in the Chapel

Cartooning demo, reminisce and trivia  
program all dedicated to classic Sunday  
funnies presented by an award winning  
professional cartoonist who is as  
charming as the dickens!

“The Frontier at your Feet,” a six  
part lecture series by *Thomas A.  
Strohfeltdt, former Curator, The  
Ohio Historical Society*

*The fourth lecture will be held on  
Tuesday, August 23rd at 1:00pm in  
the Chapel.*

## Julie Clifford Concert

Thursday, August 25th at 4:00pm in the  
Fireside Room

## Rock and Roll Legend Chris Branham with Special Guest Calista

Tuesday, August 30th at 2:00pm  
in the Chapel

*Calista was featured on the hit TV show  
America’s Got Talent at just 13  
years old!*

## Movie Matinee Featuring “All the King’s Men”

Friday, August 26th at 3:00pm in  
the Montgomery Room

*Snacks and drinks will be provided*

# The Connection

## Take Steps to Protect Yourself and Your Loves Ones

Staying healthy is a priority for all of us, and it's especially critical for those with chronic conditions. Vaccination provides the best protection against diseases that could result in serious health problems. Take the following steps to make sure you have the best protection.

**Step 1:** Learn about vaccines recommended for adults based on age and other factors.

**Step 2:** Talk with a healthcare professional about which vaccines are right for you.

**Step 3:** Get vaccinated.

**Step 4:** Keep track of your vaccinations and make sure you stay up-to-date.

**Step 5:** Encourage your friends and loved ones to get vaccinated.

## Senior Boxing

Fridays in August at 12:30pm in the Movement and Education Room

Hello, Twin Lakes Residents, my name is Rob Landis, and I'm going to be teaching a series of boxing classes in August. I'm a health and fitness enthusiast who works as a personal trainer around the Cincinnati area. I hold two different personal training certifications through the National Academy of Sports Medicine as well as a group fitness instructor certification. I graduated from Cincinnati State with an associate's degree in health and fitness technology, and I'm currently seeking my bachelor's degree in exercise science. I trained in Mixed Martial Arts for four years and learned different combat techniques such as: boxing, kickboxing, judo, and Brazilian Jiu-Jitsu. I look forward to seeing you all for a great and fun workout!



**Rob Landis (Instructor), Bill Sasser (Resident), & David Pullem (The Connection)**

*Recent studies have shown the tremendous benefit of aerobic exercise on a person's memory and that boxing can reduce both the biological and cognitive consequences of aging. Whether **seated or standing**, boxing can enhance your core strength, flexibility and help with fall prevention. **Resident Bill Sasser** has first hand experience with the benefits of participating in a boxing program. Bill, who has Parkinson's, has used boxing techniques to counterpunch the neurological disorder. By participating in this class you have a fighting chance in **preventing falls**. Even if you are not feeling successful the first couple rounds, don't stop going to the classes; it gets easier. Sign up in person at The Connection or call X1330.*

# The Connection

## Did You Know?

Tetanus is also called “lockjaw” because it causes stiffness of the jaw and neck.

Chickenpox disease got its name because the blisters looked like chickpeas.

During the Civil War, more than 4,000 troops died of measles.

Some people believe that Sacagawea, the guide for the Lewis and Clark Expedition, died of diphtheria.

The word vaccine comes from the Latin word for cow, because cowpox was used as a cure for smallpox.

The word rubella means “little red” and was used to describe an outbreak at a boys school in India.

## Bulletins and Birthdays

**The Twin Lakes “Transition Group” will be taking a break for the remainder of the Summer. The group will resume on the 1st Wednesday in October.**

*If you have any questions, please call Chaplain Paul Burden at X1365.*

### **Enjoy a complimentary birthday luncheon with Jim Mayer!**

If your birthday is in **August** and you would like to attend on **Thursday, August 25th** in the Main Dining Room at 12:00pm, you *must RSVP* to the Connection at X1330 by **Friday, August 19th**.

## Volunteer Services



**Congratulations Twin Lakes for winning the 2016 City of Montgomery Parade Best Patriotic Spirit Award. A big Thank You to everyone who helped decorate and participated in the parade!**

Looking for something to do for a few hours a week? The McKinley Welcome Center entrance is in need of volunteer greeters. It is a great way to provide value to Twin Lakes and meet new people, and it is easy to do. Give Nancy Schwandner a call at 247-1362 for more details and shift times available.

# Volunteer Services

## The Tale of the Whale Sale

In March of 2008 The Friends of Twin Lakes decided to host a jewelry and miscellaneous items sale in the rotunda to raise money for the Twin Lakes Benevolent and Pastoral Care needs and called it *The White Elephant Sale*. The revenue that first year was \$900. In 2009 the residents were able to gather more donations and moved the sale to the garage; the revenue grew to \$2,590. With the successful growth Carol Ann Blain came up with the “Whale of a Garage Sale” name and the cute whale which has become the logo over the years. The word was out about the great bargains to be found at Twin Lakes. With the successful growth, the revenue jumped to \$6,666 in 2010.

LEC/Twin Lakes purchased the Century Honda Dealership building and granted the Friends of Twin Lakes permission to use the building to store donations throughout the year and host the sale in 2011. More resident volunteers wanted to help by giving donations and joined in the camaraderie of organizing and pricing the items and helping with the “Whale of a Sale.” Revenue grew to \$12,855. With the involvement of the Twin Lakes residents, staff and community, the “Whale of a Sale” generated \$17,801 in 2012. In 2013 it was decided to no longer sell clothing, shoes and books. These items took a tremendous amount of time to organize and were the slowest items to sell. The 2013 revenue dipped slightly to \$11,800, but in 2014 with continued support of donations, revenue increased to \$18,813. Due to the anticipated Twin Lakes expansion project and the expense to maintain the Honda Dealership building, 2015 was our last year to host the “Whale of a Sale” in the building before it was taken down. By June of 2015 the garage was full of donations, so Everything But the House was asked to sell items for us and leave enough to still host the annual sale in September. The Friends of Twin Lakes received a check from EBTH for \$19,329, and the Whale of a Sale produced an additional \$14,386 in revenue.

Even though the building is gone, the Friends of Twin Lakes decided to host a smaller sale this year in the Montgomery room. Carol Ann once again came up with an appropriate name, The “Tail of the Whale Sale” which will be on Saturday, September 10th from 9:00am-1:00pm. Justine Uhrig and Betty Prescott are co-chairing, organizing and pricing donations in a storage space on the garage level every Wednesday from 1:00pm-3:00pm.

**How can you help?** Donations of jewelry, artwork, baskets, Christmas items, games, purses, small kitchen appliances, and housewares can be dropped off in the Foundation/ Volunteer office at the Welcome Center or the front desk of the Connection. Gift-in-Kind forms are available for your donation record keeping. You are welcome to help on Wednesdays to organize and price and volunteer on September 10th. If you have a large amount of items including furniture to find a new home, call Nancy Schwandner at 247-1362 to assess individual situations. We maintain a relationship with Everything But the House to sell larger quantity of items for The Friends of Twin Lakes. Thank you for your support as we transition to the “Tail of the Whale Sale.”

