Please join us to celebrate

Twin Lakes’
10th Anniversary

Saturday, November 2, 2013

4:00–4:30pm Reflection Service
In The Chapel
4:30–6:30pm Open House

Business Casual Attire

We hope to see you all there!
CENTRAL CAMPUS

**Resident Meeting**
Thursday, November 7th, at 4:00pm, in the Chapel

**Coffee Chat**
Tuesday, November 19th, at 10:00am, in the Card Room

NORTH CAMPUS

**Resident Meeting**
Friday, November 1st, at 9:00am, at The Clubhouse on North Campus

**Coffee Chat**
Friday, November 15th, at 9:00am, at The Clubhouse on North Campus

SOUTH CAMPUS

**Resident Meeting**
Friday, November 15th, at 10:30am, in the Montgomery Room

ALL CAMPUS SING-A-LONG

Tuesday, November 19th, at 7:30pm
The Chapel
“Our Favorite Hymns”

Please join Shelly Bamberger, our song leader

Leave hymn requests in baskets on piano in The Fireside Room or in The Chapel.
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 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. Each day is 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. We have celebrated many milestones. We hosted several events of celebration and a huge Whale of a Sale, worked to expand the Path and walking niches throughout our Twin Lakes community, and exceeded our fundraising goal for Pastoral Care. We supported Make a Difference Day, and in turn supported various not-for-profits by the labors of our residents. The American Heritage Girls Troop sewed many pillow case dresses, and donated time throughout the community. We lived out our values of respect, innovation, spirituality, and excellence in countless ways. For all of these moments—significance was created in the celebration of being alive, and being able to make an impact in another person’s life.

I recently heard that we should create JOY each day. The letter J stands for seeking JESUS, the letter O for serving OTHERS each day in small and big ways, and lastly Y, for, taking care of 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, living them, and serving wherever we go within our communities. Thank you for our volunteers, residents, associates and donors. You all are exceptional people!!

Abundant blessings,

~ Molly Talbot
'Twas thanksgiving night, I just couldn’t sleep.  
I tried counting backwards, I tried counting sheep.  
The leftovers beckoned – the dark meat and white,  
but I fought the temptation with all of my might.  
  Tossing and turning with anticipation,  
The thought of a snack became infatuation.  
So I raced to the kitchen, flung open the door,  
And gazed at the fridge, full of goodies galore.  
I gobbled up turkey and buttered potatoes,  
pickles and carrots, beans and tomatoes.  
I felt myself swelling so plump and so round,  
until all of a sudden, I rose off the ground.  
I crashed through the ceiling and floating into the sky  
with a mouthful of pudding and a handful of pie.  
But I managed to yell as I soared past the trees...  
“Happy eating to all, pass the cranberries, please.”  
  May your stuffing be tasty.  
  May your turkey be plump.  
  May your potatoes and gravy have nary a lump.  
  May your yams be yummy.  
  May your pies take the prize.  
  May your Thanksgiving dinner  
   Stay off of your thighs.
Marianne Wheeler

Marianne Hastie grew up in Amberly Village with her two brothers and two sisters. They all went to Hillsdale Lotspeich. While Marianne was in high school, her father decided to sponsor a University of Cincinnati basketball player who lived on the west side of Cincinnati. That player was Phil Wheeler. The two fell in love and married shortly after Marianne graduated. Phil went into the insurance business and became quite successful.

Marianne was in her element being a wife and mother. She became proficient in every aspect of managing a household. Have you ever seen her gardens on the South Campus? In one summer she has made them outstanding. She loves decorating and entertaining. For seven years they hosted a men’s Bible Study every Friday morning, at 6:30 AM. The group exploded in popularity and eventually had one hundred members. Marianne was busy providing coffee and goodies for the group.

The couple was married for fifty-five years. They had five children and have eleven grandchildren. One son is deceased. One child lives in Goshen, Indiana. However, Marianne is fortunate enough to have all of the others in the Cincinnati area.

Marianne and Phil lived in several locations in Cincinnati. Their last home was in Madeira. For seven years after his retirement, the couple spent six months each year in Naples, Florida. Phil passed away two years ago.

Both Marianne and Phil loved to play golf. They were members of the Kenwood Country Club. Marianne enjoys playing bridge, and has joined several bridge groups at Twin Lakes since she moved here, last April. Marianne loves to read and is never without a book. Her Kindle is a valuable possession. She is a valuable addition to our Twin Lakes family.

Welcome New Residents:

Mrs. Betty Ries, Apartment 3327

Mr. David Temple, 3002 Arborcreek

Philip & Nancy Williams, 3042 Arborcreek
News for You

Don’t Forget To Set Your Clocks
Behind One Hour
Sunday, November 3rd

 Specs Fix - Mondays 10:30am-12:00pm in the Art Studio

The Aquatic Area will be closed while we resurface the bottom of the pool and whirlpool.
This area will be **closed** beginning **Monday, December 2nd, tentatively through Wednesday, December 11th.** The Aquatic Area will **reopen** on **Thursday, December 12th.**

During this time, we will take the time to clean the aquatic area thoroughly, eliminating the need to close for our annual shut down in 2014. However, the Fitness Room will still be available to use, and why not challenge yourself to something new during this time? Please don’t hesitate to call The Connection staff at x 1330, if you have any further questions.

**SAVE THE DATE:**
Montgomery’s Annual Holiday in the Village
Saturday, December 7th
5:30-7:00pm

Twin Lakes Annual Resident & Associate Christmas Party
Wednesday, December 18th

New Year’s Eve Happy Hour and Buffet Dinner
Tuesday, December 31st

“Getting Your Ducks in a Row”
A FULL AND FULFILLING HANDOVER
A repeat of this program will be held on
Tuesday, January 7th
CAMPUS SHOP

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

THE HOLIDAYS ARE COMING AND THE CAMPUS SHOP IS READY

Early in November, you will find the Campus Shop decorated for the holidays with a good supply of Christmas gifts, cards and decorations available for purchase. The Sale Cart continues through the holiday season, and must be checked constantly for bargains. You must come and browse to really appreciate everything in the shop.

First we will be celebrating the great Feast of Thanksgiving, and beautiful cards are available. A big thank you goes out to Marge Freshley, Carol Ann Blain, and Ann Flournoy who keep a wonderful supply of cards in the Campus Shop all year around.

The Campus Shop will be closed on Thanksgiving Day, so our volunteers can celebrate with family and friends.

Pecans, chocolate covered pecans, and cashews will also begin arriving in November. Make your purchases early as we will sell out quickly. We will give you the best price available, and the bags of nuts make beautiful gifts because Carol Ann Blain decorates the bags.

Benken gift cards are available in the Campus Shop for buying your Holiday flowers, and make wonderful gifts. Rather than pick out flowers for your host or hostess, give a Benken Gift card and they can pick out their own plants and flowers. The Benken gift card must be purchased at the Campus Shop in order for “Friends of Twin Lakes” to receive the 20% benefit.

As fall and winter weather continue, take some time to stop in the Campus Shop for a hot cup of coffee, tea, or hot chocolate. Many coffee flavors are available. Enjoy your hot drink with a Danish, muffin, or cookies. Relax and enjoy the holidays. Remember, all net proceeds from the Campus Shop sales go to the Benevolent Care Fund and the Pastoral Care Fund.

Volunteers are needed. Contact Joan at X1828 to train to fill this need.

The November General Election is
Tuesday, November 5th
In the Art Studio

To vote on November 5th in person, valid identification is required.

If you need additional assistance with voting, please call x1330, and arrangements will be made.

Call The Connection at x1330, if you have any voter information questions.
**HEALTH & THERAPY**

**HOURS**
The Clinic Nurse, Joan, is on campus Monday, Tuesday, and Thursday, 8:00am - 4:00pm. Walk-in Clinic hours are Tuesday and Thursday from 11:00am - 2:00pm. You may leave a message anytime (x1320), and Joan will return your call when she returns to the office.

**SERVICES**
Services include blood pressure screenings, dressing changes, B-12 injections, PT/INR testing, and many other services. Twin Lakes now offers Psychological Services as well. Please call Joan at x1320, or Patricia at x1353 for more information.

**PODIATRY CLINIC**
Podiatry appointments will be available at Twin Lakes on **December 9th, 10th, and 16th**. Call Joan at x1320 to schedule. If you need an appointment sooner, please call Dr. Seth’s office at 489-5533 to schedule one in his office.

**Reminder regarding the Vial of Life:**
Please be sure your medical information, medications, and emergency contact numbers are up-to-date. If your Vial is missing, or if you need assistance, please call Joan, at x1320.

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**VOLUNTEER SERVICES**

**Calling All Bakers...**

I know we have some excellent bakers at Twin Lakes. **We need you to bake delicious treats to sell at the Holiday Boutique & Bake Sale.**

Sign up in front of the Campus Shop to let us know what you will bake.
Questions? Call Nancy Schwandner at x1362.
**TRANSPORTATION**

Any questions? Please call Steve Ledwin at x1355
No Transportation on Thursday, November 28th in observance of Thanksgiving Day.

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 9:00 am
Central Campus at 9:30 am
Continuous return trips until 11:00 am
*Thursdays in November: 7th, 14th, 21st & Wednesday, November 27th*

**Trader Joe’s Shuttle:**
Wednesday, November 13th
1:00 - 2:00pm

**Kenwood Towne Centre: 10am**
Return Trips: 12:00pm, 1:00 pm, 2:00pm or 3:00pm
*Tuesday, November 26th*

LEC Night at Rudino’s on Monday, November 11th.
Support LEC by having dinner at Rudino’s on the second Monday of every month, from 5:00pm – 7:30pm. The business is providing 10% of sales to the Benevolent Care Fund at Twin Lakes.
Call The Connection if you need a ride, x1330.

**SPIRITUAL**

**Catholic Mass**
Catholic Mass is celebrated every Wednesday morning in the Chapel at 10:30am, when a priest is available. Because of the solemnity of the celebration, try to arrive a few minutes before Mass begins.

Celebrants for the month of November are:

Nov. 6th Fr. Harry Meyer
Nov. 13th Fr. Harry Meyer
Nov. 20th Fr. Pat Crone
Nov. 27th Fr. Albert Bischoff, S.J.

**Sunday Ecumenical Worship Services**
*All Welcome; Come As You Are!*

November 3rd Holy Family Episcopal Church
November 10th Mont. Presbyterian Men’s Ensemble
November 17th Rev. Patricia Badkey, Good Shepherd Lutheran
November 24th Rev. Kathy Johns, Church of the Savior
## Calendar of Events...

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<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<tr>
<td><strong>2:00</strong> Big Screen Movie-CH Hitchcock</td>
<td><strong>9:30</strong> Muscles in Motion-M&amp;E</td>
<td><strong>9:30</strong> Oil Painting - AS</td>
<td><strong>9:30</strong> Muscles in Motion - M&amp;E</td>
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<td><strong>7:00</strong> Ecumenical Worship Service</td>
<td><strong>10:30</strong> Ping Pong - BR</td>
<td><strong>9:30</strong> Walking Club-CONN</td>
<td><strong>10:00</strong> Coffee and Art - PS</td>
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<td><strong>Daylight Savings</strong></td>
<td><strong>10:30</strong> Specs Fix-AS</td>
<td><strong>10:00</strong> Yoga - M&amp;E</td>
<td><strong>10:30</strong> Catholic Mass - CH</td>
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<td><strong>11:00</strong> Aqua Level 2 - AA</td>
<td><strong>10:30</strong> LIL: Mind-Body Therapies - M&amp;E</td>
<td><strong>10:30</strong> Pool/Billiards Club - BR</td>
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<td></td>
<td><strong>1:30</strong> Bible Study - CR</td>
<td><strong>11:00</strong> Aqua Level 1 - AA</td>
<td><strong>11:00</strong> Aqua Level 2 - AA</td>
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<td></td>
<td><strong>3:30</strong> Aqua Level 3 - AA</td>
<td><strong>1:30</strong> Social Bridge - CR</td>
<td><strong>2:00</strong> Mahjong - CR</td>
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<td></td>
<td><strong>LEC Night at Rudino’s 5:00-7:30 pm</strong></td>
<td><strong>3:00</strong> Play BINGO! - AS</td>
<td><strong>3:30</strong> Aqua Level 3 - AA</td>
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<td><strong>1:45</strong> Boeing Boeing at The Carnegie</td>
<td><strong>9:30</strong> Muscles in Motion-M&amp;E</td>
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<td><strong>7:00</strong> Ecumenical Worship Service</td>
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<td><strong>10:00</strong> Coffee and Art - PS</td>
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<td><strong>10:30</strong> Ping Pong - BR</td>
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<td><strong>10:30</strong> Specs Fix-AS</td>
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<td><strong>3:30</strong> The Bookies - CL</td>
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<td><strong>4:00</strong> Alz. Support Group - DS</td>
<td><strong>3:00</strong> Aqua Level 3- AA</td>
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<td><strong>5:00</strong>-7:30 pm</td>
<td><strong>3:30</strong> Aqua 20-20-5 - AA</td>
<td><strong>4:00</strong> Friends of TL - CH</td>
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<td><strong>12:35</strong> POPS Classics</td>
<td><strong>9:30</strong> Oil Painting - AS</td>
<td><strong>9:30</strong> Muscles in Motion - M&amp;E</td>
<td><strong>9:00</strong> MCK &amp; Villa Mont Kroger</td>
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<td><strong>2:00</strong> Big Screen Movie-CH</td>
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<td><strong>10:00</strong> Coffee and Art - PS</td>
<td><strong>9:30</strong> CC Montgomery Kroger</td>
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<td><strong>Quartet</strong></td>
<td><strong>10:00</strong> Yoga - M&amp;E</td>
<td><strong>10:00</strong> Catholic Mass - CH</td>
<td><strong>9:30</strong> Muscles in Motion - M&amp;E</td>
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<td><strong>10:00</strong> CC Coffee Chat - CR</td>
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<td><strong>11:00</strong> Aqua Level 1 - AA</td>
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<td><strong>11:15 Mystery Lunch</strong></td>
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<td><strong>3:00</strong> Play BINGO! - AS</td>
<td><strong>3:00</strong> Aqua Level 2 - AA</td>
<td><strong>10:30</strong> Taft Museum</td>
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<td><strong>3:30</strong> Aqua 20-20-5 - AA</td>
<td><strong>3:30</strong> Aqua Level 3- AA</td>
<td><strong>11:00</strong> Aqua Level 2 - AA</td>
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<td></td>
<td><strong>7:30 Sing Along - FS</strong></td>
<td><strong>2:00</strong> Mahjong - CR</td>
<td><strong>2:00</strong> Mahjong - CR</td>
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<td><strong>4:30</strong> 10th Anniversary Open</td>
<td><strong>3:30</strong> Aqua Level 3- AA</td>
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<td><strong>7:00</strong> Ecumenical Worship Service</td>
<td><strong>9:30</strong> Oil Painting - AS</td>
<td><strong>9:00</strong> MCK &amp; Villa Mont Kroger</td>
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<td><strong>10:30</strong> Ping Pong - BR</td>
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<td><strong>10:30</strong> Specs Fix-AS</td>
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<td><strong>3:00</strong> Creation Station - AS</td>
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<td><strong>10:00</strong> Taft Museum</td>
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<td></td>
<td><strong>7:00 LIL: Spring Grove Cemetery</strong></td>
<td><strong>11:00</strong> Aqua Level 2 - AA</td>
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<td><strong>10:00 Kenwood Towne Ctr</strong></td>
<td><strong>2:00</strong> Mahjong - CR</td>
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<td><strong>1:30</strong> Social Bridge - CR</td>
<td><strong>6:25 Cabaret– Playhouse in the Park</strong></td>
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<td><strong>3:00</strong> Play BINGO! - AS</td>
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<td><strong>3:30</strong> Aqua 20-20-5 - AA</td>
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### Key to Areas on Campus

| AA | Aquatic Area | CL | Clubhouse at NC | M&E | Movement & Education |
| AS | Art Studio | CR | Card Room | Mont | Montgomery Room |
| BR | Billiards Room | DS | Daystar Room | NC | North Campus |
| CC | Central Campus | LIL | Living Is Learning | PS | Pottery Studio |
| CF | Cafe | CS | Campus Shop | SC | South Campus |
| CH | Chapel | FS | Fireside Lounge | MDR | Main Dining Room |
| CONN | The Connection | WCC | Welcome Center Conf. | RT | Rotunda |

**Happy Thanksgiving!**
### November 2013

#### Thursday

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<th>Time</th>
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<tr>
<td>9:00</td>
<td>MCK &amp; Villa Mont Kroger</td>
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<td>9:30</td>
<td>CC Montgomery Kroger</td>
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<tr>
<td>10:00</td>
<td>Circuit Training - M&amp;E</td>
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<tr>
<td>10:30</td>
<td>Hearing Loss Program - Mont</td>
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<td>11:00</td>
<td>Aqua Level 1 - AA</td>
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<td>1:00</td>
<td>Duplicate Bridge - CR</td>
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<td>3:30</td>
<td>Aqua 20-20-5 - AA</td>
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<td>7:30</td>
<td>Three Docs-- FS</td>
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#### Friday

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<tr>
<td>9:00</td>
<td>NC Resident Meeting-- CL</td>
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<td>9:30</td>
<td>Muscles in Motion - M&amp;E</td>
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<td>9:35</td>
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<td>10:30</td>
<td>Ping Pong - BR</td>
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<td>10:30</td>
<td>Drama Club-- CH</td>
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<td>11:00</td>
<td>Aqua Level 2 - AA</td>
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<td>1:30</td>
<td>Scrabble - CR</td>
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<td>3:30</td>
<td>Aqua Level 3 - AA</td>
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#### Saturday

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<tr>
<td>10:30</td>
<td>Aqua HydroWalk - AA</td>
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<tr>
<td>4:00</td>
<td>10th Anniversary Reflection Service-- CH</td>
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<tr>
<td>4:30</td>
<td>10th Anniversary Open House</td>
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<tr>
<td>7:30</td>
<td>Open Bridge - CR &amp; AS</td>
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</table>

**28**

**Happy Thanksgiving!**

*No Transportation*

*The Connection is Closed*

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**29**

**10:30** Ping Pong - BR

**11:00** Aqua Level 2 - AA

**1:30** Scrabble - CR

**7:30** East Side Players-- CH

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**30**

**10:30** Aqua HydroWalk - AA

**7:30** Open Bridge - CR & AS
Hitchcock, PG-13 (2012)
Sunday, Nov 3rd at 2:00pm – The Chapel
Iconic filmmaker Alfred Hitchcock struggles with his marriage, the censors and the financiers of his 1960 film Psycho in this biopic. Driven to prove he still has an edge, Hitchcock crafts what would become one of the greatest thrillers of all time.

Life is Beautiful, PG-13 (1997)
Saturday, Nov 9th at 7:30pm – The Chapel
A Jewish Italian waiter named Guido is sent to a Nazi concentration camp, along with his wife and their young son. Refusing to give up hope, Guido tries to protect his son's innocence by pretending that their imprisonment is an elaborate game.

Quartet, Pg-13 (2012)
Sunday, Nov 17th at 2:00pm – The Chapel
A trio of retired opera singers' annual celebration of Verdi's birthday sours when their estranged fourth member shows up but refuses to sing. Tensions rise and diva drama erupts -- will personal problems prevent the show from going on?

The Words PG-13 (2012)
Friday, Nov 22nd at 7:30pm – The Chapel
After finding a brilliant unpublished manuscript in an old briefcase, struggling writer Rory Jansen claims the novel is his work -- setting in motion events that leave him facing an ethical quandary he could never have imagined.

Have a movie suggestion?
Contact Marsalis in The Connection at x1330.
How to Reserve Your Spot for the Next Outing

Sign-ups begin at **9:00am** on the designated date as stated in the outing description.

Stop by The Connection or call x1330. Leave your name, address, phone number, and the name of outing(s) you would like to attend. When you speak to a Wellness Specialist, we will write down the day and time you signed up. If you leave a voicemail, the system states the day and time of your call.

*Your reservation is not guaranteed until you have received your written confirmation.*

Within five business days of signing up, you will receive a confirmation receipt with event details. At this time, your confirmation is final and no refunds are available unless there is a waiting list and we can fill your spot.

**Update: Please note the time change for sign ups. We will not record reservations that are made before this time. Some outings fill up quickly, so please don’t hesitate in making your reservation. As always, we will do our best to accommodate as many residents as we can.**

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**Cincinnati Symphony Orchestra presents: Pepe Romero plays Rodrigo**

Friday, November 1st

(Cost: Orchestra- $38.00 or Balcony $28.00 plus lunch on your own.)

The brilliant Pepe Romero, of the celebrated “Royal Family of the Guitar,” plays music Rodrigo described as capturing “the fragrance of magnolias, the singing of birds, and the gushing of fountains” in the gardens of Aranjuez.

**Transportation Schedule:**
- McKinley Entrance: 9:35am
- South Campus Mail Kiosk: 9:40am
- Central Campus Apt. Bldg: 9:45am
- Clubhouse at North Campus: 9:50am

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**Playhouse in the Park presents: CABARET**

Wednesday, November 6th

(Cost: $37.00)

The excitement of big, Broadway musicals returns to the Playhouse with Kander and Ebb's Tony and Oscar-winning masterpiece. Take your seat at the decadent Kit Kat Club as performer Sally Bowles and novelist Clifford Bradshaw enter into a stormy romance against the backdrop of rising Nazi influence in pre-war Berlin.

**Transportation Schedule:**
- McKinley Entrance: 6:25pm
- South Campus Mail Kiosk: 6:30pm
- Central Campus Apt. Bldg: 6:35pm
- Clubhouse at North Campus: 6:40pm

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**The Carnegie presents:**

**Boeing Boeing**

Sunday, November 10th

(Cost: $24.00)

Bernard is engaged to Gloria. And to Gabriella. And to Gretchen. Three beautiful flight attendants are kept secret from each other only by Bernard’s precise timetables of flights in and out of Paris. But when Boeing invents a faster engine, Bernard’s three foxy fiancées converge on his swank flat at the same time, igniting a mad dash of slamming doors, hidden women, and nick-of-time maneuvers as Bernard tries desperately to save his perfect bachelor fantasy.

**Transportation Schedule:**
- McKinley Entrance: 1:45pm
- South Campus Mail Kiosk: 1:55pm
- Central Campus Apt. Bldg: 2:00pm
- Clubhouse at North Campus: 2:05pm

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**Sign ups have expired.**
Montgomery Woman’s Club Lecture Series presents:
Mara Liasson:
The Changing Face of American Politics
Wednesday, November 13th
Mara Liasson can be heard regularly on National Public Radio (WVXU locally) providing political commentary on the award-winning news magazines "All Things Considered" and "Morning Edition". As the national political correspondent for NPR, Liasson has provided key coverage of the candidates and issues in five presidential and many congressional races. Prior to her current assignment, Liasson was NPR's White House correspondent for all eight years of the Clinton administration.

Transportation Schedule:
- McKinley Entrance: 10:00am
- South Campus Mail Kiosk: 10:15pm
- Central Campus Apt. Bldg: 10:20pm
- Clubhouse at North Campus: 10:25pm

Sign ups have expired.

An Afternoon at the Taft Museum
Wednesday, November 27th
(Cost $13.00 plus lunch on your own)
Enjoy the museum’s exhibits, including their Antique Christmas. This is not a docent led tour, so you will be free to explore what you choose. You may also opt to dine on your own in the Lidner Family Café – reservations are not made for the group. Departure from the museum is 2:00pm.

Transportation Schedule:
- McKinley Entrance: 10:30am
- South Campus Mail Kiosk: 10:40pm
- Central Campus Apt. Bldg: 10:45pm
- Clubhouse at North Campus: 10:50pm

Sign ups began October 1st at 9:00am and end on November 22nd at noon.

POPS CLASSICS
Kunzel’s Greatest Hits
Sunday, November 17th
(This concert is not included for Friday Night POPS subscribers – you must sign up separately)
(Cost: Balcony A or Orchestra A $60.00, Balcony B $45.00 or Orchestra B $35.00)
Spectacular: a word that describes the man, the music and every concert that Pops Founder Erich Kunzel touched. Join us as we pull out all the stops in an orchestral salute to the music, mirth and majesty of the Kunzel era, featuring solos by members of your Cincinnati Pops. And it wouldn’t be a fitting tribute to Erich without his greatest hit of all, Tchaikovsky’s 1812 Overture.

Transportation Schedule:
- McKinley Entrance: 12:35pm
- South Campus Mail Kiosk: 12:40pm
- Central Campus Apt. Bldg: 12:45pm
- Clubhouse at North Campus: 12:50pm

Sign ups have expired.

Mystery Lunch
Tuesday, November 19th
(Cost $5.00)
Bring your appetite and try out a new lunch spot! There is always some place new to explore on our mystery outings!

Transportation Schedule:
- McKinley Entrance: 11:15am
- South Campus Mail Kiosk: 11:20am
- Central Campus Apt. Bldg: 11:25am
- Clubhouse at North Campus: 11:30am

Sign ups began October 1st at 9:00am and end on November 18th at noon.

BAMSO
Kindel Memorial Holiday Concert
Sunday, December 1st
(free)
Christmas Through the Ages
Music from 300 AD to the present, with the Cincinnati Choral Society and special guest Kara Shay Thompson.

Transportation Schedule:
- McKinley Place Entrance: 6:05pm
- South Campus Mail Kiosk: 6:15pm
- Central Campus Apt. Building: 6:20pm
- Clubhouse at North Campus: 6:25pm

Sign ups begin Monday, November 4th at 9:00am and end on November 29th.
### Happy Holidays with the Mighty Wurlitzer
**Thursday, December 12th**  
(Cost $30.00)
This year's special guest will be Cincinnati's favorite singer, Mary Ellen Tanner, with concert organist, Walt Strony, who is one of America's premier concert organists.

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<tr>
<th>Transportation Schedule:</th>
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<tbody>
<tr>
<td>McKinley Entrance: 5:25pm</td>
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<td>Clubhouse at North Campus: 5:45pm</td>
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Sign ups begin Monday, November 4th at 9:00am and end on December 2nd.

### Cincinnati Symphony Orchestra presents:
**Warm up with Mozart**  
**Friday, December 6th**  
(Cost Orchestra- $38.00 or Balcony $28.00 plus lunch on your own.)
Jeremy Denk, lauded as “a pianist you want to hear no matter what he performs,” lends his impressive artistry to Mozart’s Piano Concerto No. 25 - music Beethoven admired so much that he reportedly chose to perform it at one of his first concert appearances.

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<td>McKinley Entrance: 9:35am</td>
<td>South Campus Mail Kiosk: 9:40am</td>
<td>Central Campus Apt. Bldg: 9:45am</td>
<td>Clubhouse at North Campus: 9:50am</td>
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Sign ups begin Monday, November 4th at 9:00am and end on November 15th.

### Light Up Middletown
**Christmas Light Display and Balloon Glow**  
**Thursday, December 5th**  
(Cost $12.00)
Board the bus and take a trip to Middletown, where we will drive through a 100 acre park filled with holiday light displays. On this evening there will also be hot air balloons lighting up the grounds! Light snacks will be provided on the outing. Space is limited so sign up early.

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<th>Transportation Schedule:</th>
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<td>McKinley Entrance: 5:25pm</td>
<td>South Campus Mail Kiosk: 5:35pm</td>
<td>Central Campus Apt. Bldg: 5:40pm</td>
<td>Clubhouse at North Campus: 5:45pm</td>
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Sign ups have expired.

### McCormick & Schmick’s
**Holiday Dinner Outing**  
**Monday, December 16th**  
(Cost $7.00 plus dinner on your own)
Join our Executive Director, Jim Mayer, for dinner downtown to celebrate the holidays and enjoy the lights on Fountain Square. This outing is sure to fill up fast so make sure to call early for your reservation!

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<th>Transportation Schedule:</th>
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<tr>
<td>McKinley Place Entrance: 4:35pm</td>
<td>South Campus Mail Kiosk: 4:40pm</td>
<td>Central Campus Apt. Building: 4:45pm</td>
<td>Clubhouse at North Campus: 4:50pm</td>
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Sign ups begin Monday, November 4th at 9:00am and end on December 9th.

### Krohn Conservatory’s Holiday Floral Display
**Tuesday, December 17th**  
(Cost $12.00)
Enjoy the show’s many delights, including the Cincinnati Scenic Railway theme, botanical architecture and new this year, The Schmalz Family Holiday Village. You can also take a stop in the gift shop before leaving. Plan to spend 60-90 minutes enjoying the conservatory’s beautiful holiday display.

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<tr>
<th>Transportation Schedule:</th>
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<tbody>
<tr>
<td>McKinley Place Entrance: 9:05am</td>
<td>South Campus Mail Kiosk: 9:10am</td>
<td>Central Campus Apt. Building: 9:15am</td>
<td>Clubhouse at North Campus: 9:20am</td>
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</tbody>
</table>

Sign ups begin Monday, November 4th at 9:00am and end on December 9th.
# STAYING IN

| Creation Station  
Every 2nd & 4th Monday  
3:00 pm in the Art Studio  
| Friends of Twin Lakes  
Meeting  
Wednesday, November 13th  
4:00pm in the Chapel  |
|---|---|
| Have an idea about a craft or do-it-yourself project?  
Call Emily at x1302!  |  
|
| Bible Study  
Mondays at 1:30pm  
In the Card Studio  | BINGO  
Tuesdays at 3:00pm in the Art Studio  |
|  |  |
| TWIN LAKES 10TH ANNIVERSARY CELEBRATION  
SATURDAY, NOVEMBER 2ND  
4:00PM– 6:30PM  
Reflection Service begins at 4:00pm in the Chapel  
Followed by Open House with  
Dinner by the Bite and live music  |  
|
| Come enjoy an afternoon of music!  
JCC Troubadors  
Thursday, November 7th  
2:00 pm in the Chapel  |  
|
| Julie Clifford Presents  
Veteran’s Day Sing-A-Long  
Friday, November 8th  
7:15 pm in the Chapel  |
## STAYING IN

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Robert Warfel from the FBI</strong> will speak about <strong>SENIOR SCAMS</strong></td>
<td><strong>Join the</strong> <strong>Three Docs</strong> in the Fireside Lounge <strong>Thursday, November 14th</strong> <strong>At 7:30pm</strong></td>
</tr>
<tr>
<td><strong>Wednesday, November 13th</strong> <strong>7:30pm in the Chapel</strong></td>
<td><strong>East Side Players- “My Favorite Time of the Year” Holiday Show</strong> <strong>Friday, November 29th at 7:30pm in the Chapel</strong> <strong>All new cast and choreography. Don’t miss this fun event!</strong></td>
</tr>
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## Living is Learning

### Mind-Body Therapies for Wellness

**Tuesdays, starting Oct. 15th - Nov. 5th**
**10:30am - 11:30am**
**Movement & Education Room**
**(Cost: $5/Class)**

This 4-part wellness series provides the opportunity to learn about, as well as experience, the benefits of Mind-Body Therapies. This interactive class, developed and taught by Sherry McHenry of Inner Dimension of Healing, will provide you with positive, nurturing, and scientifically proven techniques to maintain wellness, strengthen resilience, and manage stress.

**Week 4:**
**Inner Dialogues: positive communication**

### Exploring Spring Grove Cemetery

**Tuesdays, Nov. 26th - Dec. 10th**
*Please note the change in dates!* **7:00pm- 8:00pm**
**The Chapel**
**(Cost: FREE)**

This 3-part series presented by Mike Leaf will give you the chance to explore Spring Grove Cemetery, Cincinnati’s “Museum Without Walls.” Come prepared for rich history, humor, and stories of one of the city’s most recognizable landmarks!

**Week 1:** **Notables: The “Who’s Who” of those buried at Spring Grove Cemetery**
**Week 2:** **The Beer Connection**
**Week 3:** **Cremation at Spring Grove**

Call The Connection (x1330) to sign-up for these programs.
The Connection

New Classes starting in November!

Chair Yoga
Tuesdays, starting Nov. 5th - Dec. 17th
10:00am-10:45am
Movement & Education Room
(Cost: FREE for residents,
$5 for non-residents)

This class will focus on increasing joint
mobility, balance, strength, and flexibility by
incorporating yoga poses. All movement can
be done from a chair. Modifications can be
made to include the participation of various
fitness levels.

Circuit Training
Thursdays, starting Nov. 7th - Dec. 19th
10:00am—10:45am
Movement and Education Room

This class will alternate between cardio,
strength and balance exercises in a specific
amount of time. Improve your personal well-
ness with a complete 30 minute workout. En-
joy a fast paced and focused experience.
Moderate to High Intensity.

Let's Talk About Hearing Loss

Thursday, November 14th
10:30 - 11:30am
Montgomery Room

Matt Heaton, from Zounds Hearing Company, will come out to discuss some of the causes of hearing loss. He will provide a list of questions that will help you to determine if you need to have your hearing checked.

Discover the most recent advancements in hearing technology and learn what you can do to maximize your remaining hearing.

A short hearing tests will be available after this presentation
on a first-come, first-serve basis.
Refreshments will be provided.
Call The Connection at x1330 to reserve your seat
THE CONNECTION

**Hours of Operation**

<table>
<thead>
<tr>
<th>Monday, Wednesday</th>
<th>7:00am - 7:00pm</th>
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<tbody>
<tr>
<td>Tuesday, Thursday, Friday</td>
<td>7:00am - 5:30pm</td>
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<tr>
<td>Saturday</td>
<td>8:00am - 12:30pm</td>
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**Holiday Hours:**
The Connection will be closed on Thursday, November 28th. Open on Friday, November 29th, 9am - 3:30pm.

**Movement Opportunities at The Connection**

<table>
<thead>
<tr>
<th><strong>Aqua Level 1:</strong></th>
<th>Tuesday &amp; Thursday - 11:00am</th>
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<tbody>
<tr>
<td>The Arthritis Foundation Aquatic program uses a variety of exercises that will increase your range of motion, flexibility, and ease your pain. Ideal for those with arthritis, injuries, or beginning an aquatic exercise program. Low Intensity. Class Length: 45 min.</td>
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<tr>
<th><strong>Aqua Level 2:</strong></th>
<th>Monday, Wednesday &amp; Friday - 11:00am</th>
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<tr>
<td>Designed to prepare individuals to advance to Level 3. This intermediate class will include cardio respiratory conditioning while still focusing on flexibility, range of motion, and strength training. Medium Intensity. Class Length: 45 min.</td>
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<tr>
<th><strong>Aqua Level 3:</strong></th>
<th>Monday, Wednesday &amp; Friday - 3:30pm</th>
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<tr>
<td>This is an energetic and high powered aquatic class. This class will feature a variety of cardiovascular, strength, and stretch exercises. High intensity. Class Length: 45 min.</td>
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<tr>
<th><strong>Aqua 20-20-5:</strong></th>
<th>Tuesday &amp; Thursday - 3:30pm</th>
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<tr>
<td>Three workouts in one! This class will incorporate cardiorespiratory exercise and strength training equipment to get the most out of a 45 minute session. With 20 minutes of cardio, 20 minutes of strength training, and 5 minutes of stretching, you will feel the energy of a total body workout.</td>
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<tr>
<th><strong>HydroWalk:</strong></th>
<th>Saturday - 10:30am</th>
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<tr>
<td>Water Walking. A class designed to use the resistance of the water to strengthen core muscles and your lower body. Low Intensity. Class Length: 45 min.</td>
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<tr>
<th><strong>Muscles in Motion:</strong></th>
<th>Monday, Wednesday &amp; Friday - 9:30am</th>
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<tr>
<td>This group exercise class will get your muscles in motion! Exercises can be done from a chair, and you will have the option of using strength equipment to challenge all major muscle groups. This class will improve strength, balance, and flexibility for daily living. All levels welcome! Class Length: 45 min.</td>
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</table>
Holiday Boutique & Bake Sale
FRIDAY, NOVEMBER 22, 2013
10:30 A.M. UNTIL 3:00 P.M.
TWIN LAKES
9840 Montgomery Rd.
WELCOME CENTER ROTUNDA

Homemade Baked Goods, Hand Crafted Jewelry
Soaps, Lotions, German Mustards, Glory Farm
Breads, Jams, Hand Crocheted Baby & Full Sized
Afghans, River Stone Art, Ohio Farm Direct
Organic Cheeses, Poinsettias, and much more.

Call 513-247-1362 for more information

All Proceeds Benefits the Twin Lakes Benevolent & Pastoral Care