

# TWIN LAKES PRESS

December 2016

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



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Twin Lakes Senior Living Community

### Six Dimensions of Wellness

Emotional • Intellectual  
Physical • Social  
Spiritual • Vocational



## Resident and Associate Christmas Party

Wednesday, December 14th

Christmas gathering in the  
Chapel at 4:00pm. Dinner will  
start at 4:30pm.

*No reservations are needed.*

During the eight seasons of "The Andy Griffith Show" there was only one Christmas episode, "Christmas Story" (Episode Eleven of Season One), that aired on December 19, 1960. In this episode we meet department store owner Ben Weaver (an Ebenezer Scrooge-like character) who demands that Sheriff Taylor arrest and jail Sam Muggins, a local moonshiner, even though it's Christmas Eve. Andy feels bad that Sam will be incarcerated and separated from his family on Christmas, so he brings Sam's wife and children to the jail in order for the family to be together. Andy also brings his family, along with Barney. Everyone enjoys a happy and festive Christmas celebration. Ben Weaver sees the joyful gathering and wants to be included. Ben also gets himself arrested so that Andy will place him in jail and he can be part of the Christmas fun. Ben's heart is softened by the good news of the Christmas season, that "Today in the City of David a Savior has been born to you. He is Christ the Lord!" (Luke 2:11). May the good news of Christmas, and the joyful light of Hanukkah, and the spirit of goodwill for all, bring hope, peace, love, and joy to you and those you love. God bless you during this holy season and always! -Chaplain Paul

## New Years Eve Party

Saturday, December 31st  
6:00pm to 8:00pm in the  
Art Studio. Enjoy musical  
entertainment from *Ricky Nye, A  
Boogie-Woogie Pianist and  
Singer*, and then a  
champagne toast at 8:00pm!



# CAMPUS NOTES

## CENTRAL CAMPUS

### Resident Meeting

Thursday, December 1st at  
4:00pm in the Chapel

### Coffee Chat

Tuesday, December 20th at  
10:00am in the Card Room

## NORTH CAMPUS

### Resident Meeting

Friday, December 2nd at 9:00am at the  
Clubhouse

### Coffee Chat

Friday, December 16th at  
9:00am at the  
Clubhouse

## SOUTH CAMPUS

### Resident Meeting

Friday, December 2nd at 10:30am in  
the Montgomery Room

## All Campus Sing-along

Led by Mike Pendell



Tuesday, December  
13th at 7:00pm  
in the Fireside Room

## Please Welcome New Residents

James and Mary Hamm to North Campus



# Health and Therapy

### 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 x1320 for more information.

### Podiatry Clinic

Monday, December 12th and  
Tuesday, December 27th  
Call X1320 to schedule your appointment.

**\*NEW\***- Dermatology services are available in the Health and Therapy Suite.  
Thursday, January 5th  
Please call X1320 for appointment.

### Walk-in Clinic hours

Tuesday and Thursday, 11:00am - 2:00pm  
Monday through Friday, 7:00pm - 8:00pm  
You may leave a message anytime (X1320), and your call will be returned when Joan or Brandee returns to the 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 x1320.

### Free Hearing Evaluations

Friday, December 9th  
Call X1320 to schedule your appointment.

### Therapy Program

Held on the third Thursday of every month  
**Thursday, December 15th at 1:00pm in the Movement and Education Room**

# A NOTE FROM JIM

**Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results.**

A positive person anticipates happiness, health and success and believes he or she can overcome any obstacle and difficulty.

Positive thinking is not accepted by everyone. Some consider it nonsense and scoff at people who follow it, but there is a growing number of people who accept positive thinking as a fact and believe in its effectiveness.

We affect and are affected by the people we meet in one way or another. This happens instinctively and on a subconscious level, through words, thoughts and feelings, and through body language.

Is it any wonder that we want to be around positive people and prefer to avoid negative ones?

People are more disposed to help us if we are positive, and they dislike and avoid anyone broadcasting negativity.

Negative thoughts, words and attitudes create negative and unhappy feelings, moods and behavior. When the mind is negative, poisons are released into the blood, which cause more unhappiness and negativity. This is the way to failure, frustration and disappointment.

## **Positive Thinking Instructions and Advice**

1. Ignore what other people say or think about you.
2. Visualize only favorable and beneficial situations.
3. Use positive words.
4. Smile a little more, as this helps to think positively.
5. Compliment others. This makes the person feel good and also makes you feel good....try it!
6. Think Happy!
7. Use inner talk of repetitive positive affirmations.
8. Walk away from Negative Conversations which are very unhealthy.

As you are reading this it is a good time to start (if you are not already) to be positive. I wish all of you a Merry Christmas and as always thank you for living here in our wonderful community, Twin Lakes.

# 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

CELEBRATE CHRISTMAS AND ALL THE OTHER DECEMBER HOLIDAYS WHILE SUPPORTING THE BENEVOLENT CARE AND PASTORAL CARE FUNDS.

Whatever holiday you will be celebrating in December, the Campus Shop is ready with holiday gift bags, cards for gifts of check or cash, assorted cocktail napkins, wreath hangers, wonderful scarves in many colors and styles, jewelry, decorations and much, much more. Come and browse the Shop in order to appreciate all the lovely items available. Don't wait. You might be too late.

The much anticipated pecans, chocolate covered pecans and cashews are available and going fast. Regular pecans are \$11.50 per bag, cashews are \$10 per bag and chocolate covered pecans are \$9 per bag. We will not be reordering so stop in soon before they are all gone.

Boxed Christmas cards are available (12 for \$7) and packaged assorted Christmas cards (10 for \$6.) Beautiful Ann Flournoy Christmas cards are priced as marked. All of these cards will sell out quickly, so hurry in.

A very nice gift for your host or hostess is a \$25 Gift Certificate to Benken's florist. Let your gift recipients pick out their own plants or flowers or use the Gift Card in the Spring when they will be purchasing new plantings. When you purchase the Benken's Gift card at the Campus Shop, \$5 goes to the Benevolent Care and Pastoral Care Funds. The Gift Cards must be purchased at the Campus Shop.

The Campus Shop is a gathering place with very friendly volunteers. If you are exhausted from shopping and writing cards, we have coffee, tea and cocoa, soft drinks and 100% juices as well as many snack items to revive you. Tables and chairs outside the shop are available so you can relax.

The "Friends of Twin Lakes" membership drive will begin early in January. You will receive an application for membership in 2017 in your internal mail box. Over the holidays talk to your friends, neighbors, children, grandchildren, an nieces and nephews about becoming members. When we have fund raising events, we need all the help we can get. To date in 2016, membership fees and donations made at the time of membership total \$10,780. Let's try to double that amount in 2017.

The Campus Shop will be closed Christmas Eve and Christmas Day and New Year's Eve and New Year's Day so our faithful volunteers can enjoy the holidays.

The Campus Shop's popular Sale Cart and sale items will return in early January, 2017. Stop in frequently so you will not miss the bargains.

PLEASE DO NOT LET ALL THE CONSTRUCTION KEEP YOU FROM THE CAMPUS SHOP.  
WE NEED ALL THE RESIDENTS AND ASSOCIATES AS CUSTOMERS.

# Bulletins

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

If your birthday is in **December** and you would like to attend on **Thursday, December 22nd** in the Main Dining Room at 12:00pm, you *must RSVP* to the Connection at X1333 by **Friday, December 16th**.

## **National Issues Forum “America’s Energy Future”**

Tuesday, December 6th at 10:00am in the Montgomery Room

How Can We Take Charge?

Americans depend on easy access to energy. Most of us take it for granted that we will be able to light up a room with the flick of a switch, adjust the temperature of our homes at will, and climb into our cars every morning to go to work, often at distant sites.

We use more energy than any other country. Americans make up only 4.5 percent of the world’s population, yet we consume about 20 percent of the world’s energy production. Collectively, we drive more, heat more, air condition more, and plug in more electronic devices than anyone else. We use 22 percent of the oil consumed in the world each day.

Worldwide energy use is on the upswing as well and is projected to keep increasing as rapidly developing countries, such as China, India, and Brazil, become bigger players in the worldwide market for energy supplies, especially oil. And—sooner or later—the world’s available supply of oil will run out.

To sign up for a seat, please call Ashley at X1352.

## **Bridge For Beginners**

Would anyone be interested in teaching a Bridge Class to Residents?

If so, please call Ashley at X1352 so that we can set up a time and a place.



## **Movie Matinee Featuring “White Christmas”**

Thursday, December 29th at 3:00pm in the Montgomery Room  
*Snacks and drinks will be provided.*

# 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.

**Christmas Eve Service will be held at 3:00pm.**  
*Celebrants for the month of December are:*

December 7th	Fr. Pat Crone
December 14th	Fr. Albert Bischoff, S.J.
December 21st	Fr. Pat Crone
December 24th	Fr. Albert Bischoff, S.J.
December 28th	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.  
**Christmas Eve Service will be held at 4:30pm.**

December 4th	Chaplain Jerry Mueller
December 11th	Chaplain Paul Burden
December 18th	Armstrong Chapel UMC
December 24th	Christmas Eve Service
December 25th	No Service

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

## Notice:

**The Christmas Eve Service for Catholic Mass will be held at 3:00pm on December 24th.**

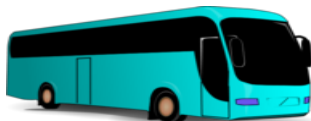
**The Christmas Eve Service for Sunday Ecumenical Worship Service will be held at 4:30pm on December 24th.**

# 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 December: 1st, 8th, 15th, 22nd, 29th**

### Trader Joe's Shuttle

**Wednesday, December 14th at 9:00am**

### Kenwood Towne Centre and Kenwood Theater

**Wednesday, December 7th & 28th**

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

# Big Screen Movies

## The Santa Claus

1994, Rated PG, 97 mins.

**Saturday, December 3rd**

The snow hits the fan when advertising executive Scott Calvin accidentally kills Santa and suddenly finds himself saddled with jolly Saint Nick's job. While initially a Scrooge, in this merry family comedy, Scott eventually becomes a true believer.

## How the Grinch Stole Christmas

2000, Rated PG, 105 mins.

**Saturday, December 10th**

Jim Carrey plays the titular role of the green-faced villain who plots to rob Whoville of Christmas. The Grinch has been an outcast all his life, but a dash of kindness from little Cindy Lou Who and her family may be enough to melt his heart.

## A Christmas Story

1983, Rated PG, 93 mins.

**Saturday, December 17th**

In this nostalgic look at Christmas in 1940s Indiana, 9-year-old Ralphie Parker desperately wants a "Red Ryder carbine-action, 200-shot Range Model air rifle." But first he'll have to wage an all-out campaign to convince his parents the toy is safe.

## Home Alone

1990, Rated PG, 105 mins.

**Saturday, December 24th**

Eight-year-old Kevin (Macaulay Culkin) makes the most of the situation after his family unwittingly leaves him behind when they go on vacation. But when a pair of bungling burglars (Joe Pesci and Daniel Stern) set their sights on Kevin's house, the plucky kid stands ready to defend his territory. By planting booby traps galore, adorably mischievous Kevin stands his ground as his frantic mother (Catherine O'Hara) attempts to race home.

## The Polar Express


2004, Rated G, 100 mins.

**Saturday, December 31st**

A young boy's faith in the holiday spirit is revived after he makes his way by train to the North Pole on Christmas Eve in this warm-hearted computer-animated tale inspired by Chris Van Allsburg's award-winning children's book.

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

# Calendar of Events

Sunday	Monday	Tuesday	Wednesday
	<p><b>KEY TO THE AREAS</b></p> <p>AA Aquatic Area            AS Art Studio            BR Billiards Room            CC Central Campus            CF Cafe            CH Chapel            CON The Connection</p>	<p>CL Clubhouse at NC            CR Card Room            CS Campus Shop            DS Daystar Room            LIB Twin Lakes Library            LIL Living Is Learning            FS Fireside Lounge</p>	<p>M&amp;E Movement &amp; Education            MCK McKinley Place            MDR Main Dining Room            Mont Montgomery Room            NC North Campus            PS Pottery Studio            SC South Campus            RT Rotunda            WCC Welcome Center Conf.</p>
<p><b>4</b></p> <p>4:00 Ecumenical Worship Service - CH</p> <p><b>6:00 BAMSOMontgomery Assembly of GOD</b></p>	<p><b>5</b></p> <p>9:30 Muscles in Motion - M&amp;E            10:30 Ping Pong - BR            10:30 Specs Fix - AS            11:00 Aqua Level 2 - AA            1:30 Bible Study - CR            2:30 Aqua Level 3 - AA            3:15 Coloring Book Club - CR</p>	<p><b>6</b></p> <p>10:00 Circuit Training - M&amp;E            10:00 Oil Painting - AS  <b>10:00 National Issues Forum - Mont</b>            11:00 Balance Class - M&amp;E            11:00 Aqua Level 1 - AA            1:00 American Mahjong - FS            1:30 Social Bridge - CR  <b>2:00 Forest Aires - CH</b>            2:30 Aqua Level 3 - AA            3:00 Play BINGO! - AS</p>	<p><b>7</b></p> <p>9:30 Muscles in Motion - M&amp;E            10:00 Coffee and Art - PS            10:30 Catholic Mass - CH            10:30 Pool/Billiards Club - BR            10:30 Kenwood Towne Center Shuttle            11:00 Aqua Level 2 - AA  <b>11:10 Mystery Lunch (1st Choice)</b>            1:30 Mahjong - CR            2:30 Aqua Level 3 - AA  <b>7:00 Reflections Duo - FS</b></p>
<p><b>11</b></p> <p>4:00 Ecumenical Worship Service - CH</p>	<p><b>12</b></p> <p>9:30 Muscles in Motion - M&amp;E            10:30 Ping Pong - BR            10:30 Specs Fix - AS            11:00 Aqua Level 2 - AA            1:30 Bible Study - CR            2:30 Aqua Level 3 - AA            3:15 Coloring Book Club - CR</p> <p style="text-align: center;"><i><b>Rudino's Night 5:00pm to 7:30pm</b></i></p>	<p><b>13</b></p> <p>10:00 Circuit Training - M&amp;E            10:00 Oil Painting - AS            11:00 Balance Class - M&amp;E            11:00 Aqua Level 1 - AA            1:00 American Mahjong - FS            1:30 Social Bridge - CR            3:00 Play BINGO! - AS  <b>7:00 All Campus Sing-A-Long- CH</b></p>	<p><b>14</b></p> <p>9:00 Trader Joe's Shuttle            9:30 Muscles in Motion - M&amp;E            10:00 Coffee and Art - PS            10:30 Catholic Mass - CH            11:00 Aqua Level 2 - AA            1:30 Mahjong - CR  <b>4:00 Friends of Twin Lakes- CH</b>  <b>4:00 Christmas Service - CH</b>  <b>4:30 Resident and Associate Dinner</b></p>
<p><b>18</b></p> <p><b>11:15 Kevin Lewis Playing Piano - FS</b></p> <p>4:00 Ecumenical Worship Service - CH</p>	<p><b>19</b></p> <p>9:30 Muscles in Motion - M&amp;E            10:30 Ping Pong - BR            10:30 Specs Fix - AS            11:00 Aqua Level 2 - AA            1:30 Bible Study - CR            2:30 Aqua Level 3 - AA            3:15 Coloring Book Club - CR  <b>7:00 HBO Band - CH</b></p>	<p><b>20</b></p> <p><b>10:00 CC Coffee Chat - CR</b>            10:00 Circuit Training - M&amp;E            10:00 Oil Painting - AS            11:00 Balance Class - M&amp;E            11:00 Aqua Level 1 - AA            1:00 American Mahjong - FS            1:30 Social Bridge - CR  <b>2:00 Tom Strohfeldt - CH</b>            2:30 Aqua Level 3 - AA            3:00 Play BINGO! - AS</p>	<p><b>21</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle            9:30 CC Montgomery Kroger Shuttle            9:30 Muscles in Motion - M&amp;E            10:00 Coffee and Art - PS            10:30 Catholic Mass - CH            10:30 Pool/Billiards Club - BR            11:00 Aqua Level 2 - AA            1:30 Mahjong - CR  <b>2:30 Collin's Family on Piano - FS</b>            2:30 Aqua Level 3 - AA  <b>7:00 Coney Island Lights Outing</b></p>
<p><b>25</b></p> <p>4:00 Ecumenical Worship Service - CH</p> <p><i><b>Merry Christmas! No Transportation</b></i></p> <p style="text-align: center;"><b>8</b></p>	<p><b>26</b></p> <p>9:30 Muscles in Motion - M&amp;E            10:30 Ping Pong - BR            10:30 Specs Fix - AS            11:00 Aqua Level 2 - AA            1:30 Bible Study - CR            2:30 Aqua Level 3 - AA            3:15 Coloring Book Club - CR</p>	<p><b>27</b></p> <p>10:00 Circuit Training - M&amp;E            10:00 Oil Painting - AS            11:00 Balance Class - M&amp;E            11:00 Aqua Level 1 - AA  <b>11:40 Explore Your Appetite</b>            1:00 American Mahjong - FS            1:30 Social Bridge - CR            2:30 Aqua Level 3 - AA            3:00 Play BINGO! - AS  <b>7:00 Melodic Rhythms - CH</b></p>	<p><b>28</b></p> <p>9:30 Muscles in Motion - M&amp;E            10:00 Coffee and Art - PS            10:30 Catholic Mass - CH            10:30 Pool/Billiards Club - BR            10:30 Kenwood Towne Center Shuttle            11:00 Aqua Level 2 - AA  <b>1:00 Birthday Cake Party - AS</b>            1:30 Mahjong - CR</p>



# December 2016

Thursday	Friday	Saturday
<p style="text-align: right;"><b>1</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle</p> <p>9:30 CC Montgomery Kroger Shuttle</p> <p>10:00 Circuit Training - M&amp;E</p> <p>11:00 Balance Class - M&amp;E</p> <p>11:00 Aqua Level 1 - AA</p> <p>2:30 Aqua 20-20-5 - AA</p> <p><b>4:00 CC Resident Meeting-CH</b></p> <p><b>6:45 Light Up A Life - CH</b></p>	<p style="text-align: right;"><b>2</b></p> <p><b>9:00 NC Resident Meeting - CL</b></p> <p>9:30 Muscles in Motion - M&amp;E</p> <p>10:30 Ping Pong - BR</p> <p><b>10:30 SC Resident Meeting –Mont</b></p> <p>11:00 Aqua Level 2 - AA</p> <p>1:30 Scrabble - CR</p> <p><b>2:00 Art for Everyone - AS</b></p> <p>2:30 Aqua Level 3 - AA</p> <p><b>6:40 POPS: Holiday John Morris Russell</b></p>	<p style="text-align: right;"><b>3</b></p> <p><b>10:30 Joyful Joints - AA</b></p> <p>1:00 Hong Kong Mahjong - CR</p> <p><b>1:00 Big Screen Movie - Mont</b> <b><u>The Santa Clause</u></b></p> <p><b>5:30 Holiday in the Village - AS</b></p> <p>7:00 Bingo - AS</p> <p>7:30 Open Bridge - CR</p> <p style="text-align: center;"><i>Connection Hours</i> <i>8:00 am- 12:30 pm</i></p>
<p style="text-align: right;"><b>8</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle</p> <p>9:30 CC Montgomery Kroger Shuttle</p> <p>10:00 Circuit Training - M&amp;E</p> <p>11:00 Balance Class - M&amp;E</p> <p>11:00 Aqua Level 1 - AA</p> <p>1:00 Duplicate Bridge - CR</p> <p><b>1:00 Twin Lakes Veterans' Group-AS</b></p> <p>2:30 Aqua 20-20-5 - AA</p> <p><b>7:00 Hand Bells Performance - CH</b></p>	<p style="text-align: right;"><b>9</b></p> <p>9:30 Muscles in Motion - M&amp;E</p> <p><b>9:35 Ballet "Nutcracker"</b></p> <p>10:30 Ping Pong - BR</p> <p>11:00 Aqua Level 2 - AA</p> <p>1:30 Scrabble - CR</p> <p><b>2:00 Art for Everyone - AS</b></p> <p>2:30 Aqua Level 3 - AA</p>	<p style="text-align: right;"><b>10</b></p> <p>10:00 SC Ladies Coffee Chat-PDR</p> <p><b>10:30 Joyful Joints - AA</b></p> <p>1:00 Hong Kong Mahjong - CR</p> <p><b>1:00 Big Screen Movie - Mont</b> <b><u>How the Grinch Stole Christmas</u></b></p> <p>7:00 Bingo - AS</p> <p>7:30 Open Bridge - CR</p> <p style="text-align: center;"><i>Connection Hours</i> <i>8:00 am- 12:30 pm</i></p>
<p style="text-align: right;"><b>15</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle</p> <p>9:30 CC Montgomery Kroger Shuttle</p> <p>10:00 Circuit Training - M&amp;E</p> <p>11:00 Balance Class - M&amp;E</p> <p>11:00 Aqua Level 1 - AA</p> <p><b>1:00 Therapy Program - M&amp;E</b></p> <p>2:30 Aqua 20-20-5 - AA</p> <p><b>5:00 Holiday Dinner Outing</b></p>	<p style="text-align: right;"><b>16</b></p> <p><b>9:00 NC Coffee Chat - CL</b></p> <p>9:30 Muscles in Motion - M&amp;E</p> <p>10:30 Ping Pong - BR</p> <p>11:00 Aqua Level 2 - AA</p> <p>1:30 Scrabble - CR</p> <p><b>2:00 Art for Everyone - AS</b></p> <p>2:30 Aqua Level 3 - AA</p>	<p style="text-align: right;"><b>17</b></p> <p><b>10:30 Joyful Joints - AA</b></p> <p>1:00 Hong Kong Mahjong - CR</p> <p><b>1:00 Big Screen Movie - Mont</b> <b><u>A Christmas Story</u></b></p> <p>7:00 Bingo - AS</p> <p>7:30 Open Bridge - CR</p> <p style="text-align: center;"><i>Connection Hours</i> <i>8:00 am- 12:30 pm</i></p>
<p style="text-align: right;"><b>22</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle</p> <p>9:30 CC Montgomery Kroger Shuttle</p> <p>10:00 Circuit Training - M&amp;E</p> <p>11:00 Balance Class - M&amp;E</p> <p>11:00 Aqua Level 1 - AA</p> <p>1:00 Duplicate Bridge - CR</p> <p>2:30 Aqua 20-20-5 - AA</p> <p><b>7:00 Lindsay Latimer Concert - FS</b></p>	<p style="text-align: right;"><b>23</b></p> <p>9:30 Muscles in Motion - M&amp;E</p> <p>10:30 Ping Pong - BR</p> <p>11:00 Aqua Level 2 - AA</p> <p>1:30 Scrabble - CR</p> <p>2:30 Aqua Level 3 - AA</p>	<p style="text-align: right;"><b>24</b></p> <p>10:00 SC Ladies Coffee Chat-PDR</p> <p><b>10:30 Joyful Joints - AA</b></p> <p>1:00 Hong Kong Mahjong - CR</p> <p><b>1:00 Big Screen Movie - Mont</b> <b><u>Home Alone</u></b></p> <p>7:00 Bingo - AS</p> <p>7:30 Open Bridge - CR</p> <p style="text-align: center;"><b>Christmas Eve</b> <i>The Connection is Closed.</i></p>
<p style="text-align: right;"><b>29</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle</p> <p>9:30 CC Montgomery Kroger Shuttle</p> <p>10:00 Circuit Training - M&amp;E</p> <p>11:00 Balance Class - M&amp;E</p> <p>11:00 Aqua Level 1 - AA</p> <p><b>11:40 Mystery Lunch (2nd Choice)</b></p> <p>2:30 Aqua 20-20-5 - AA</p> <p><b>3:00 Movie Matinee Featuring "White Christmas"- Mont</b></p>	<p style="text-align: right;"><b>30</b></p> <p>9:30 Muscles in Motion - M&amp;E</p> <p>10:30 Ping Pong - BR</p> <p>11:00 Aqua Level 2 - AA</p> <p>1:30 Scrabble - CR</p> <p><b>2:00 Art for Everyone - AS</b></p> <p>2:30 Aqua Level 3 - AA</p>	<p style="text-align: right;"><b>31</b></p> <p>1:00 Hong Kong Mahjong - CR</p> <p><b>1:00 Big Screen Movie - Mont</b> <b><u>The Polar Express</u></b></p> <p><b>6:00 New Years Eve Party - CR/FS</b></p> <p>7:00 Bingo - AS</p> <p>7:30 Open Bridge - CR</p> <p style="text-align: center;"><b>New Years Eve</b> <i>The Connection is Closed.</i></p>
		<b>9</b>

# Going Out

## SIGN-UPS

Please note that Sign-ups will open on the 1st day of the month and will close the 4th day of the month. To sign up, please call the Activity Line at X1321. Leave your name, phone number and APT/ VILLA number.

## CONFIRMATIONS

You should receive confirmation slips within 3 business days of our final sign up date. In the unlikely event that you do not receive any form of confirmation slips (including wait list) please call Ashley at X1352. For each of the outing/s that you have committed to, there will be a receipt verifying your advanced payment attached to your confirmation slip.

## CANCELLATION POLICY

Please be aware, starting on January 1st, 2017, in keeping with Twin Lakes established policies, you will be charged for any trip (lunches, concerts, tours, etc.) that you sign up for regardless as to whether you attend or not. We will do our best to fill your spot from the wait list, however, if we are unable to fill your spot/s you will incur the stated cost for the outing.

## **POPS: Holiday, John Morris Russell**

Friday, December 2nd 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 (1st Date Choice)**

Friday, January 13th

*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

## Cincinnati Museum Center Presents: Vikings: Beyond the Legend

Monday, January 9th at 1:00pm

Cost: \$25 includes a ticket and transportation

*Experience a myth-busting exhibition that has captivated millions of people around the world, as the largest collection of Viking artifacts to visit North America comes to Cincinnati. Explore the rich, often-misunderstood Viking culture through a rare collection of artifacts and fresh insights revealed through new archaeological discoveries that gives you a real look into the lives of Vikings and shows why they continue to capture our imagination.*

Transportation Schedule:

- South Campus Mail Kiosk: 12:20pm
- Central Campus Apt. Building: 12:25pm
- Clubhouse at North Campus: 12:30pm

**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 3:30pm.**

## Tri-State Warbird Museum

Wednesday, January 11th at 1:00pm

Cost: \$20 includes ticket and transportation

*A historic aviation museum dedicated to remembering those who fought for our freedom, and honoring those who made the ultimate sacrifice.*

*\*Please note that this is a 1 to 1 1/2 hour long walking tour\**

Transportation Schedule:

- South Campus Mail Kiosk: 12:05pm
- 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 3:15pm.**

## Cathedral Basilica of the Assumption Tour

Tuesday, January 17th at 11:00am

Cost: \$15 includes ticket and transportation plus lunch on your own at Pompilios.

*The Roman Catholic St. Mary's Cathedral Basilica of the Assumption in Covington, Kentucky, is a minor basilica in the United States. Construction of the cathedral began under the Diocese of Covington's third bishop, Camillus Paul Maes, in 1895 to replace an 1834 frame church that was inadequate for the growing congregation. Pope Pius XII elevated the cathedral to the rank of minor basilica December 8, 1953.*

*\*Please expect to be walking for the majority of the tour.\**

Transportation Schedule:

- South Campus Mail Kiosk: 10:05am
- Central Campus Apt. Building: 10:10am
- Clubhouse at North Campus: 10:15am

**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.**

# Going Out

## Explore Your Appetite to Echo in Hyde Park

Tuesday, January 24th at 10:00am

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

Transportation Schedule:

- South Campus Mail Kiosk: 9:30am
- Central Campus Apt. Building: 9:35am
- Clubhouse at North Campus: 9:40am

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 1:00pm.*

## Jack Cincinnati Casino

Wednesday, January 25th

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

*The two-story casino is 100,000 square feet and has 2,000 slot machines, 85 table games and a 31-table World Series of Poker room. Jimmy Buffett's Margaritaville, Bobby's Burger Palace, and Prism Steak and Seafood are three of the casino's four restaurants that will be located inside the facility.*

Transportation Schedule:

- South Campus Mail Kiosk: 10:30am
- Central Campus Apt. Building: 10:35am
- Clubhouse at North Campus: 10:40am

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 1:30pm.*

## Mystery Lunch (2nd Date Choice)

Monday, January 30th

*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.*

## Cincinnati Ballet Dress Rehearsal Presents "King Arthur's Camelot" with lunch to follow

Friday, February 10th at 10:30am

*Cost: \$20 includes ticket and transportation, plus lunch on your own.*

*One of the few ballets created based on the legendary tale, with original choreography by Victoria Morgan, King Arthur's Camelot transports us to the mystical land of Camelot where the story of King Arthur, Lancelot and Guinevere unfolds in a visually stunning display of dance, drama and magic that the whole family will love! Complete with puppets, projections and jousting, Exquisite costumes by Sandra Woodall, and an original score by John Estacio set the scene as the newly crowned King Arthur takes on the trials of love and betrayal amidst a kingdom at war.*

Transportation Schedule:

- South Campus Mail Kiosk: 9:35am
- Central Campus Apt. Building: 9:40am
- Clubhouse at North Campus: 9:45am

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.*

# Construction Updates

## Central Campus IL Expansion Project – Project Update

As Danis is wrapping up the utility work on site, we are quickly approaching the mass excavation of foundations phase for the new Independent Living Building. What this phase will include is the installation of footings and foundation walls for the new parking garage, as well as a new fire door and partition in the existing parking garage. Another aspect of this phase is the demolition of the existing six independent living apartments at the tie in point of the new building. The current Welcome Center will be relocated to the Connection; however, life safety will be present at both locations.



# Volunteer Services

**The Friends of Twin Lakes** would like to thank you for your support of the Holiday Gifts & Bake Sale. Thank you for baking delicious treats, thank you for purchasing, and thank you for volunteering to help with the sale.



Get into the Holiday spirit by helping to decorate Twin Lakes. The Christmas decorations will be put up on Monday, November 28th & Tuesday, November 29th. Sign up in front of the Campus Shop to help, or give Nancy a call at X1362.

# Staying In

<p><b>Holiday in the Village</b>  <b>Cincinnati Christmas Carolers</b>          Saturday, December 3rd at 5:30pm in the Art Studio and Fireside Room</p>	<p><b>National Issues Forum</b>          Tuesday, December 6th at 10:00am in the Montgomery Room          Call the Activity Line X1321 to sign up.</p>
<p><b>The Forest-Aires</b>  <b>Women's Chorus of Anderson</b>          Tuesday, December 6th at 2:00pm in the Chapel</p>	<p><b>Reflections Jazz Duo</b>          Wednesday, December 7th at 7:00pm in the Fireside Room</p>
<p><b>Ladies Chat with Norma</b>          Ladies Chat will be taking a break in December and will meet again in January 2017</p>	<p><b>Hand Bells Choir</b>          Thursday, December 8th at 7:00pm in the Chapel</p>
<p><b>All Campus Sing-A-Long with Mike Pendell</b>          Tuesday, December 13th at 7:00pm in the Chapel</p>	<p><b>Resident and Associate Holiday Party</b>          Wednesday, December 14th at 4:00pm in the Chapel</p>
<p><b>Kevin Lewis</b>, a student volunteer, will be playing the piano on Sunday, December 18th at 11:15am in the Fireside Room!</p>	<p><b>HBO Band</b>          Monday, December 19th at 7:00pm in the Chapel</p>
<p><b>The Emergence of the American Rifleman Lecture Series with Tom Strohfeldt</b>          Tuesday, December 20th at 2:00pm in the Chapel</p>	<p><b>Performance by Lindsay Latimer</b>          Thursday, December 22nd at 7:00pm in the Fireside Room</p>
<p><b>Melodic Rhythms Concert</b>          Tuesday, December 27th at 7:00pm in the Chapel</p>	<p><b>Art for Everyone</b>          Friday, December 2nd, 9th, 16th, and 30th at 2:00pm in the Art Studio.</p>
<p><b>Birthday Cake Party</b>          Wednesday, December 28th at 1:00pm in the Art Studio. Enjoy delicious cake and November Birthdays!</p>	<p><b>Collin's Family on the Piano</b>          Wednesday, December 21st at 2:30pm in the Fireside Room</p>

# The Connection

## Holiday Hours in the Connection:

The Connection will be closed on Christmas Eve, Christmas Day, New Years Eve, and New Years Day

Happy Holidays! - The Connection Staff

## Interested in the 24 Hour Fitness Room?

To access the Connection during “OFF Hours” (e.g. “after posted open hours with **NO wellness specialist** on duty”) you must comply with all of the following:

Residents must receive a Physician’s Consent Annually (which cannot be waived) to participate during our “Off Hours.”

Residents will be assessed and given an orientation of entry into the center, such as, opening and closing procedures, placement of pull cords, and safe handling of the equipment. Assessments will be given by the Connection Team.

To access the center during off hours a participant must go to the Life Safety office and show they are wearing their SARA pendant and sign out the Fitness Room key. When you are finished with your workout, take the Fitness Room key back to Life Safety.

Questions? Please contact Jon Williamson at 247-1331 or stop by the Connection for more information.



## Snowman Ornaments

Come to the Connection Monday, December 12th between 12:00pm–2:00pm to make a Snowman Ornament for the Holidays!

## Holiday Sweater Day

Show your Holiday spirit and wear your favorite Holiday Sweater on Thursday, December 22nd!

# LEC Foundation

## Thank You For A Wonderful 2016

The end of the year is a perfect time to reflect on the events of this year and plan for the year coming up. On one hand, the current year is winding down and coming to a close, while the fresh new year is knocking on the door, waiting to spring through with all of its energy, excitement and possibilities.

It's a perfect time to remember with fondness, and sometimes sadness, the things that have happened to us that have helped us grow, the new friends we have made and the old ones we have shared our lives with, and how we, in a small way, have hopefully been a blessing to others and made their lives, and this world, a little better.

It's also a time to think about the upcoming year and dream about all the possibilities that exist. This is fun for me. I think about everything I want to accomplish and how I can change. I ask myself: what new subjects would I like to learn about this year? How can I be a better person this year than I was last year? How can I make a difference to my family, friends, acquaintances, and the world? I've learned that you never know what kind of an impact you will make on someone, but you can be sure that you will make an impact if you treat everyone with love, respect and dignity. This is how I try to live my life.

With that being said, as I have thought through this year, I would say it has been a great year! I have met so many wonderful, generous, and life-loving people. You have made my transition here an absolute joy, full of challenges and excitement, a lot of ups, a few downs, but most of all something to look forward to each and every day! Thank you for all you have done for me and what you have taught me! I'm looking forward to spending 2017 with you, as together we fulfill the mission of the LEC Foundation of serving each other in Christ.

Merry Christmas and may God richly bless you this upcoming year,

Dan McManus  
Executive Director  
Life Enriching Communities Foundation