

# TWIN LAKES PRESS

July 2015

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

### Six Dimensions of Wellness

Emotional ~ Intellectual  
Physical ~ Social  
Spiritual ~ Vocational

## Save the Date for the Baseball BBQ

Friday, July 24th 11:30am to 1:30pm



## Summer Concert Series Presents:

### The Jeannine Groh Trio

Wednesday, July 15th

7:00pm outside the Connection

The Jeannine Groh Trio consists of piano/keyboards, vocals, bass, and drums. They play Swing Jazz, Pop, themed shows, Broadway, and Latin repertoire.

During the months of July and August we are accepting donations of furniture, household items, pictures, towels, linens, and jewelry for the Whale of a Sale on September 12<sup>th</sup>.

Items that can be carried may be dropped off at the Welcome Center, you may call Nancy at X1362 to schedule a pick up.

All donations will benefit the Twin Lakes Benevolent and Pastoral Care Funds.



# CAMPUS NOTES

## CENTRAL CAMPUS

### Resident Meeting

Thursday, July 2nd at  
4:00pm in the Chapel

### Coffee Chat

Tuesday, July 21st at  
10:00am in the Card Room

## NORTH CAMPUS

### Resident Meeting

Friday, July 3rd at  
9:00am at the  
Clubhouse

### Coffee Chat

Friday, July 17th at  
9:00am at the  
Clubhouse

## SOUTH CAMPUS

### Resident Meeting

Will meet at the Gazebo on  
Saturday, July 4th before the  
parade at 9:00am.



## All Campus Sing-A-Long

Tuesday, July 7th at 7:00pm in the  
Fireside Lounge with  
Mary Lou Boylan

## Please Welcome New Residents

South: Marita Judge

Central: Gerri Heineman  
Vera Tucker

North: David and Kathleen Stevens



## Monthly Birthday Cake Celebration

Wednesday, July 8th  
1:00pm in the Art Studio  
*All are Welcome!*

# Health and Therapy

### Hours:

Clinic Nurse Joan is on campus  
Monday, Tuesday, and Thursday,  
8:00am - 4:00pm.

Clinic Nurse Brandee is on campus  
Monday-Friday, 3:00pm-11:00pm.

### 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 or x1353 for more information.

### Podiatry Clinic:

Monday, July 20th and Tuesday, July 28th  
Call X1320 to schedule your 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.

### Flu Shots:

Available in the Health and Therapy Suite on:  
Monday through Friday, 7:00pm—8:00pm  
Tuesdays and Thursdays, 11:00am—2:00pm

Heritage Healthcare, our Therapy Department, is offering a free educational program  
the third Thursday of each month.

**Senior Fit Testing**  
**Thursday, July 16th**  
**1:00pm in the Montgomery Room**

# A NOTE FROM JIM



Over the past couple of years as the Executive Director here at Twin Lakes, I have observed many dedicated associates who come in to work extra over the weekends during inclement weather just to assure residents' safety. Those associates do the little things that make the big difference in someone's quality of life. However, dedication, like most characteristics, is not absolute. It has many different intensities. Some associates are dedicated to the job, but some associates are dedicated to the customer, a resident, a family member, a vendor, or another associate.

Dedication to the job is wonderful and very productive. These associates are dependable and loyal to the company. Dedication to the residents shows the same dependability and loyalty with the added quality of passion and enthusiasm. Passion makes the difference between a very good associate and a great associate. Working with passion is wholehearted devotion with 100% concentration of "doing." I believe we at Twin Lakes have many associates who care for whomever they are serving: resident, family member, prospective resident, or other associates. They are dedicated with passion. I also believe this type of dedication is contagious. Enthusiasm, optimism, and passion in the job naturally leads to dedication as a by-product. I am striving for all associates to demonstrate these characteristics by celebrating examples of ***Passionate Dedication*** with the team.

Thank you, residents, for your notes to me about particular associates who have shown these qualities. I have let them know in a big way.

It is our privilege to serve you here at Twin Lakes, and thank you for making Twin Lakes your home.

# NEWS FOR YOU

## 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

### **IF YOU NEED LAST MINUTE 4TH OF JULY PATRIOTIC DECORATIONS, VISIT THE CAMPUS SHOP.**

The Campus Shop wishes a very happy Independence Day to all our residents, associates, and Campus Shop volunteers. Take a moment to thank God for the servicemen and women who defend and protect us so we can enjoy our freedom.

As the summer heat rises, look to the Campus Shop for cooling treats in the form of ices, ice cream bars, cold 100% juices and Coke products. Come in and cool off.

You will find every kind of greeting card you may need in our racks or on our spinners. We have cards for engagements, weddings, anniversaries, new babies, baby baptisms and christenings, birthday cards for many ages from age one through 90, get well cards, sympathy cards and much more. Commercial cards are \$1 plus tax, and Ann Flournoy's handcrafted cards are \$1. Visit the Campus Shop to see the full selection.

If you are looking for a gift for a birthday, anniversary, get well or any occasion, you will find a great selection in the shop. We have a wonderful assortment of scarves, figurines, small artificial plants, magnets, car charms, bracelets, watches, bird houses, books written by our resident authors and much, much more. You need to check frequently as new items do not last long.

The Lost and Found bucket is in the Campus Shop. If you have lost something, check the bucket. If you have found something, bring it to the bucket. Items not claimed go either to our "Whale of a Sale" or Matthew 25: Ministries.

Our continuous Sale Cart must be checked frequently for new items. If you snooze you lose.

Our Twin Lakes Community has over 300 residents, so if those residents and their families and friends would visit the Campus Shop on a regular basis, we would be able to grow our net profit, all of which goes to Benevolent Care and Pastoral Care Funds. Keep the Campus Shop in mind when you need a greeting card, a gift, snacks, etc. Membership enrollment forms for our auxiliary "Friends of Twin Lakes" are always available on the counter at the Campus Shop. We would like to see every resident of Twin Lakes be a member. Currently 215 residents are members of "Friends of Twin Lakes." If you are a new resident and have not joined, pick up a form at the Campus Shop or call Joan Mettey, Membership Chair at X1828. All membership dues, the net profit from the Campus Shop, and all donations go to the Benevolent Care and Pastoral Care Funds.

We are fortunate to have two new community volunteers in the Campus Shop. Karen Crumley, daughter of the late beloved Rita Uehlein, and Andela Bischoff, daughter of resident Christa Brisken, are now volunteering. All of our volunteers are appreciated, and we can always use more.

# Resident Corner

## Pat Schubert

Pat Schubert moved to Twin Lakes last October from Kent, Ohio so that she could be near her children and grandchildren.

Pat grew up in New England. Her father was a chemical engineer, and his job of overseeing various projects caused the family to make several moves around New England during Pat's childhood. She finished high school in Dover, Vermont, attended Colby College for two years, and then began a five-year nursing program at Cornell University's New York City campus. After graduation, Pat worked as a public health nurse, in Brooklyn for three years.

She met her husband, James, a Cincinnati native, on a blind date. Jim worked for Stearns and Foster, and soon after their marriage, he was assigned the sales area of northern Ohio and western Pennsylvania. Jim and Pat chose Kent, Ohio for their home where they raised their three children. Jim traveled extensively, and Pat became a stay at home mother. She volunteered to assist with many of the children's activities. Both she and Jim became quite active in the community, their U.C.C. Church, and the university. Jim became very involved with the medical school and eventually served as a Trustee at Kent State. Pat was an active volunteer at the clothing center in town and put her nursing skills to use in a variety of her volunteer activities.

After her husband died, she decided that it was time to sell her house and move here to be near her children and grandchildren. One of her daughters lives in Cincinnati, and the other daughter and her son live in Indianapolis. She enjoys her seven grandchildren and enjoys the fact that the three youngest ones live here in Cincinnati.

Pat has given up playing tennis which she enjoyed most of her life. So now she loves to walk. She is also an avid reader and likes to play bridge. She is looking forward to becoming more active at Twin Lakes.

## BIRTHDAY!



Donna Denoon-Anderson	1st
Joan Mettey	1st
Ann Breitholle	3rd
Barbara Fitch	3rd
Fred Muller	3rd
Angela Jackman	4th
Judy Akridge	5th
Gail Kagler	5th
George Schultz	6th
Jan Pricket	6th
John Lake	7th
Art Vesper	7th
Dottie Dombrosky	10th
Adell Elliott	10th
Geri Tobin	13th

Elizabeth Croskey	14th
Grace Lavrich	14th
Loren McQueen	15th
Art Phelps	21st
Mollie Bissmeyer	22nd
Treon Christine	22nd
Joyce McCrate	22nd
Elaine Ficke	23rd
Ruth McGraw	23rd
Anne Biggs	26th
Mary Crull	26th
Kathryn Sharp	29th



# 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 July are:*

July	1st	Fr. Albert Bischoff, S. J.
July	8th	Fr. Pat Crone.
July	15th	Fr. Albert Bischoff, S. J.
July	22nd	Fr. Pat Crone.
July	29th	Fr. Albert Bischoff, S. J.

*Televised on Channel 1851 at 10:30am.*

## Sunday Ecumenical Worship Services

All Are Welcome! Come As You Are!  
All services are held in the Chapel at 7:00pm.

July 5th	Chaplain Jerry Mueller
July 12th	Chaplain Jerry Mueller
July 19th	Chaplain Paul Burden
July 26th	Chaplain Paul Burden

*Televised on Channel 1851 at 7:00pm.*

My family and I are preparing for our summer vacation to Florida. I am looking forward to walking on the white sands of the Gulf Coast, enjoying some delicious seafood, and being warmed by much sunshine. Most of all I am looking forward to spending time with my wife and my three children. A vacation is one of the ways that we can change our routine. While there is nothing wrong with following a routine, sometimes it is refreshing to take a break from our usual patterns in order to see and experience new places, to meet new people, and to make new discoveries. Whether you are traveling or staying at home this summer, take some time to make a new friend. Listen to a type of music that is different from what you usually listen to. Sample some food that you are not familiar with. Enjoy this adventure of life—you may be surprised at what you find!

# 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 July: 2nd, 9th, 16th, 23rd, 30th**

### Trader Joes

Wednesday, July 8th  
1:00pm—2:00pm

### Kenwood Towne Centre and Kenwood Theater **Wednesday, July 29th at 10:30 am**

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

# Big Screen Movies

## **Vantage Point, Pg-13 (2007) Saturday, July 11<sup>th</sup> at 12:30pm**

Moments after he arrives in Spain for an antiterrorism summit, U.S. President Ashton is shot. The 15 minutes leading up to the shooting are rehashed from the perspective of various onlookers: two Secret Service agents, a TV reporter, and a tourist. **90min**

## **Life of Pi PG (2012) Saturday, July 18<sup>th</sup> at 12:30pm**

Based on Yann Martel's best-selling novel, this coming-of-age tale recounts the adventures of Pi, an Indian boy who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company. **127 min.**

## **Gifted Hands, NR (2009) Saturday, July 25<sup>th</sup> at 12:30pm**

Oscar winner Cuba Gooding Jr. stars as pediatric neurosurgeon Ben Carson, who overcomes enormous obstacles to study medicine and save lives at Johns Hopkins Hospital, in this made-for-cable drama based on Carson's memoirs. **90min**

***All Movies will be shown in the Montgomery Room at \*\*12:30pm\*\****

# Important Message

Computer Repair Scammers Prey on Unsuspecting Victims.

Reports to the Ohio Attorney General's Office suggest that many Ohioans have been targeted by the "computer repair" scam in recent months.

In this scam, official-sounding "technical support representatives" typically call unsuspecting consumers, pretending to represent major computer manufacturers or antivirus vendors. The caller then claims that the consumer's computer has been infected by a virus or malware.

Ultimately, the scammers will request remote access into the computer supposedly to install antivirus software to fix the problem. Remote access allows an outside party to access a computer in another location. After claiming to have resolved the issue, the scammer may request financial information, such as a credit card number, for payment. In some cases, the scammer also request payment by prepaid money card or wire transfer. (To protect yourself, NEVER provide personal information or payment to someone who has contacted you unexpectedly).

Consumers who fall for this scam face several potential problems. First, they likely will have compromised their credit card information. Second, they may have unknowingly allowed the caller to access personal information stored on their computer, such as Social Security numbers, bank account numbers, and usernames and passwords for online accounts. By revealing this information, the consumer may be at a higher risk for identity theft.

Moreover, the scam artist likely installed malware onto the victim's computer, which could be used to lock the computer and hold the computer for ransom. This tactic plays on the computer user's fear of losing data. Victims may be tempted to pay the ransom to prevent the loss or theft of valuable or sentimental information, but they should not provide any payment. Instead, they should take the computer to a reputable computer repair store for help.

If you receive a computer repair scam call, never provide personal information or allow the caller access to your device. The best thing to do is hang up the phone immediately. Make sure to use current and effective security software. A free list of products that check for viruses and malware is at [www.staysafeonline.org](http://www.staysafeonline.org).

If you think you may have fallen victim to a computer repair scam, contact your credit card company or bank right way to have the charges reversed and your accounts protected. Also, change the passwords to your online accounts immediately. Reports these and other potential scams to the Ohio Attorney General's office by calling 800-282-0515, or visiting [www.OhioAttorneyGeneral.gov](http://www.OhioAttorneyGeneral.gov).

# 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</p>	<p>FS Fireside Lounge            M&amp;E Movement &amp; Education            MDR Main Dining Room            Mont Montgomery Room            NC North Campus            PS Pottery Studio            SC South Campus</p>	<p>CON The Connection            CL Clubhouse at NC            CR Card Room            CS Campus Shop            DS Daystar Room            LIB Twin Lakes Library            LIL Living Is Learning</p>	<p style="text-align: right;">1</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            11:00 Aqua Level 2 - AA            1:30 Mahjong - CR            2:00 Twin Lakes Support Group-DS            3:30 Aqua Level 3 -AA</p>
<p style="text-align: right;">5</p> <p>7:00 Ecumenical            Worship Service-CH</p>	<p style="text-align: right;">6</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            1:00 American Mahjong-AS            1:30 Bible Study-CR            3:30 Aqua Level 3- AA</p>	<p style="text-align: right;">7</p> <p>10:00 Oil Painting - AS  <b>10:00 National Issues Forum-MDR</b>            11:00 Balance Class            11:00 Aqua Level 1 - AA            1:30 Social Bridge - CR            3:00 Play Bingo!-AS            3:30 Aqua 20-20-5 - AA  <b>7:00 Sing-A-Long-FS</b></p>	<p style="text-align: right;">8</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            11:00 Aqua Level 2 - AA  <b>1:00 Trader Joe's Shuttle</b>  <b>1:00 Birthday Cake Celebration-AS</b>            1:30 Mahjong - CR            3:00 Alzheimer's Support Group-DS            3:30 Aqua Level 3 -AA  <b>4:00 Friends of Twin Lakes-CH</b></p>
<p style="text-align: right;">12</p> <p>7:00 Ecumenical            Worship Service-CH</p>	<p style="text-align: right;">13</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            1:00 American Mahjong-AS            1:30 Bible Study-CR  <b>2:00 John Walsh-FS</b>            3:30 Aqua Level 3- AA</p> <p style="text-align: center;"><b>LEC Night at Rudino's</b>  <b>5:00pm to 7:30pm</b></p>	<p style="text-align: right;">14</p> <p>10:00 Oil Painting - AS            11:00 Aqua Level 1 - AA            11:00 Balance Class            1:30 Social Bridge - CR            3:00 Play BINGO! - AS            3:30 Aqua 20-20-5 - AA</p>	<p style="text-align: right;">15</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            11:00 Aqua Level 2-AA  <b>11:30 Explore Your Appetite</b>            1:30 Mahjong - CR            2:00 Twin Lakes Support Group-DS            3:30 Aqua Level 3-AA  <b>7:00 Jeanine Groh Trio-Outside The Connection</b></p>
<p style="text-align: right;">19</p> <p>7:00 Ecumenical            Worship Service-CH</p>	<p style="text-align: right;">20</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            1:00 American Mahjong-AS            1:30 Bible Study - CR            3:30 Aqua Level 3- AA            3:30 The Bookies -CL</p>	<p style="text-align: right;">21</p> <p>10:00 Oil Painting - AS  <b>10:00 CC Coffee Chat-CR</b>  <b>9:40 Nick's Scenic Tour</b>            11:00 Balance Class            11:00 Aqua Level 1 - AA            1:30 Social Bridge - CR            3:00 Play BINGO! - AS            3:30 Aqua 20-20-5 - AA</p>	<p style="text-align: right;">22</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            11:00 Aqua Level 2 - AA            1:30 Mahjong - CR  <b>2:00 Dick Watson-FS</b>            3:30 Aqua Level 3- AA</p>
<p style="text-align: right;">26</p> <p>7:00 Ecumenical            Worship Service-CH</p> <p style="text-align: left;">6</p>	<p style="text-align: right;">27</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            1:00 American Mahjong-AS            1:30 Bible Study - CR  <b>2:00 Frank Gallenstein-CH</b>            3:30 Aqua Level 3- AA</p>	<p style="text-align: right;">28</p> <p>10:00 Oil Painting - AS            11:00 Aqua Level 1 - AA            11:00 Balance Class            1:30 Social Bridge - CR            3:00 Play BINGO! - AS            3:30 Aqua 20-20-5 - AA</p>	<p style="text-align: right;">29</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  <b>10:30 Kenwood Towne Centre Shuttle</b>            11:00 Aqua Level 2 - AA  <b>11:10 Mystery Lunch</b>            1:30 Mahjong - CR            3:30 Aqua Level 3- AA  <b>6:05 Opera: Turnadot</b></p>



# July 2015

Thursday	Friday	Saturday
<p style="text-align: right;"><b>2</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle            9:30 CC Montgomery Kroger            11:00 Aqua Level 1 - AA            1:30 Left Center Right-AS            3:30 Aqua 20-20-5 - AA  <b>4:00 CC Resident Meeting-CH</b>  <b>7:00 Ladies Chat -CR</b></p>	<p style="text-align: right;"><b>3</b></p> <p><b>9:00 NC Resident Meeting-CL</b>            9:30 Muscles in Motion - M&amp;E            10:30 Ping Pong - BR            11:00 Aqua Level 2 - AA            1:30 Scrabble - CR            3:30 Aqua Level 3 - AA  <b>5:20 BAMSO</b></p>	<p style="text-align: right;"><b>4</b></p> <p><b>9:00 SC Meet at Gazebo before The Parade</b>            10:30 Aqua HydroWalk-AA  <i>*No Movie will be Shown*</i>            7:00 Bingo-AS            7:30 Open Bridge - CR</p> <p style="text-align: center;"><b>Montgomery Independence Day Parade</b></p> 
<p style="text-align: right;"><b>9</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle            9:30 CC Montgomery Kroger            11:00 Balance Class            11:00 Aqua Level 1 - AA            1:00 Duplicate Bridge - CR            1:30 Left Center Right-AS            3:30 Aqua 20-20-5 - AA</p>	<p style="text-align: right;"><b>10</b></p> <p>9:30 Muscles in Motion - M&amp;E  <b>9:50 Ride the Ducks</b>            10:30 Ping Pong - BR            11:00 Aqua Level 2 - AA            1:30 Scrabble - CR            3:30 Aqua Level 3 - AA</p>	<p style="text-align: right;"><b>11</b></p> <p>10:30 Aqua HydroWalk - AA  <b>12:30 Big Screen Movie-Mont Vantage Point</b>            7:00 Bingo-AS            7:30 Open Bridge - CR</p>
<p style="text-align: right;"><b>16</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle            9:30 CC Montgomery Kroger Shuttle            11:00 Balance Class            11:00 Aqua Level 1-AA  <b>1:00 Therapy Program-Mont</b>  <b>2:00 David Pullem-FS</b>            1:30 Left Center Right-AS            3:30 Aqua 20-20-5 - AA</p>	<p style="text-align: right;"><b>17</b></p> <p><b>9:00 NC Coffee Chat-CL</b>  <b>9:00 Walk It Out</b>            9:30 Muscles in Motion - M&amp;E            10:30 Ping Pong - BR            11:00 Aqua Level 2 - AA            1:30 Scrabble - CR            3:30 Aqua Level 3 - AA</p>	<p style="text-align: right;"><b>18</b></p> <p>10:30 Aqua HydroWalk-AA  <b>12:30 Big Screen Movie-Mont Life of Pi</b>            7:00 Bingo-AS            7:30 Open Bridge - CR</p>
<p style="text-align: right;"><b>23</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle            9:30 CC Montgomery Kroger Shuttle            11:00 Balance Class            11:00 Aqua Level 1 - AA            1:00 Duplicate Bridge - CR            1:30 Left Center Right-AS            3:30 Aqua 20-20-5 - AA</p>	<p style="text-align: right;"><b>24</b></p> <p>9:30 Muscles in Motion-M&amp;E            10:30 Ping Pong - BR            11:00 Aqua Level 2 - AA  <b>11:30 Baseball BBQ-Outside the Café</b>            1:30 Scrabble - CR            3:30 Aqua Level 3 - AA</p>	<p style="text-align: right;"><b>25</b></p> <p>10:30 Aqua HydroWalk - AA  <b>12:30 Big Screen Movie-Mont Gifted Hands</b>            7:00 Bingo-AS            7:30 Open Bridge - CR</p>
<p style="text-align: right;"><b>30</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle            9:30 CC Montgomery Kroger Shuttle            11:00 Balance Class            11:00 Aqua Level 1 - AA            1:30 Left Center Right-AS            3:30 Aqua 20-20-5 - AA</p>	<p style="text-align: right;"><b>31</b></p> <p>9:30 Muscles in Motion-M&amp;E            10:30 Ping Pong - BR            11:00 Aqua Level 2 - AA  <b>1:10 American Sign Museum</b>            1:30 Scrabble - CR            3:30 Aqua Level 3 - AA</p>	<p style="text-align: right;"><b>1</b></p> <p>10:30 Aqua HydroWalk - AA            7:00 Bingo-AS            7:30 Open Bridge - CR</p> <p style="text-align: center;"><b>Happy August!</b></p>

# Going Out

## How to Reserve Your Spot for the Next Outing

**\*\*NOTE: There is a change in Sign Up Time, Location and Rules!\*\***

Sign-ups will now begin at **\*\*10:30am\*\*** on the designated date stated in the outing description.

Sign ups will now be in the **\*\*Art Studio\*\*** from 10:30am to 11:30am.

You **CAN** call X1330 between 12:00pm and 1:00pm to sign up for outings.

**No Calls/Messages will be taken before 12:00pm!**

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.

*Your confirmation slip serves as your reservation form, please do not lose this. Your reservation is not guaranteed until you have received your written confirmation.*

If you have any questions regarding this new sign up process, please call Lindsay Eberly at X1352.

### **BAMSO**

Friday, July 3rd at 6:00pm

Join us for "Hollywood Summer Blockbusters." Keep an eye out for superheroes, aliens, and especially that shark near the shore!

#### Transportation Schedule:

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

**Sign ups have expired.**

### **Ride the Ducks and Lunch at Brio Tuscan Grill**

Friday, July 10th

The Greater Cincinnati Sightseeing Duck Tour passes by landmarks and attractions on both land and sea! Then enjoy a German lunch in Newport, KY.

Cost: \$25 includes transportation and admission to ride the ducks, plus lunch on your own.

#### Transportation Schedule:

- South Campus Mail Kiosk: 9:50am
- Central Campus Apt. Building: 9:55am
- Clubhouse at North Campus: 10:00am

**Sign ups begin on Monday, July 6th and end on Tuesday, July 7th.**

# GOING OUT

## Explore Your Appetite: *Remezo*

Wednesday, July 15th

From the blue waters of the Aegean Sea flourished the Kefi of Remezo. Taste the sun drenched olives.

Savor the sea salt and lemon of fresh grilled seafood and the earth bound simplicity of homemade bread. Enjoy the bittersweet ending of Authentic Greek Coffee. You don't need a passport to experience Greece at Remezo. Come acknowledge what the "ancient world" has known for centuries.

*Cost \$7 for transportation, plus lunch on your own. Lunch ranges from \$7 to \$25.*

Transportation Schedule:

- South Campus Mail Kiosk: 11:30am
- Central Campus Apt. Building: 11:35am
- Clubhouse at North Campus: 11:40am

**Sign ups have  
Expired.**

### Walk It Out

Friday, July 17th

Glenwood Gardens

Meet in the Connection at 9:00am

Cost: \$7 Transportation, plus  
boxed lunch.

**Sign ups begin on Monday,  
July 6th and end on Friday,  
July 10th.**

### Nick's Scenic Tour

Tuesday, July 21st

Visit Northern Kentucky with a special stop at  
the Cathedral Basilica in Covington.

*Must be able to get on and off the bus.*

Cost: \$7 transportation.

Transportation Schedule:

- South Campus Mail Kiosk: 9:40am
- Central Campus Apt. Building: 9:45am
- Clubhouse at North Campus: 9:50am

**Sign ups begin on  
Monday, July 6th  
and end on Friday,  
July 17th.**

### Mystery Lunch

Wednesday, July 29th

(Cost \$7.00 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

**Sign ups have  
Expired.**

### Cincinnati Opera at Music Hall

Presents: *Turandot*

Wednesday, July 29th at 7:30pm

*Tickets range from \$35 to \$200, plus  
\$7 for transportation.*

In ancient China, Princess Turandot is an enigmatic beauty who reigns with an iron fist and an ice-cold heart. To her would-be wooers, she's issued a decree: he who can answer her riddles will win her hand—all others will suffer punishment by death. When a mysterious man passes her test, will she finally open her heart to love?

Transportation Schedule:

- South Campus Mail Kiosk: 6:05pm
- Central Campus Apt. Building: 6:10pm
- Clubhouse at North Campus: 6:15pm

**Sign ups begin on  
Monday, July 6th and end  
on Wednesday, July 8th.**

### American Sign Museum

Friday, July 31st

*Cost: \$20 includes transportation and admission into museum.*

Tod Swormstedt, former editor and publisher of Signs of the Times magazine, wanted to capture these stories before they were lost forever, so he founded the National Signs of the Times Museum in 1999 as his self-proclaimed mid-life crisis project. With the help of a few early believers, the renamed American Sign Museum opened its doors in Spring, 2005.

Transportation Schedule:

- South Campus Mail Kiosk: 1:10pm
- Central Campus Apt. Building: 1:15pm
- Clubhouse at North Campus: 1:20pm

**Sign ups begin on  
Monday, July 6th  
and end on Friday,  
July 17th.**

# Going Out

## Cincinnati Reds

Reds vs Cardinals  
Thursday, August 6th

Transportation Schedule:

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

Sign ups  
have  
expired.

## Mystery Lunch

Wednesday, August 12th  
(Cost \$7.00 plus lunch on your own)

Transportation Schedule:

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

Sign ups begin on  
Monday, July 6th  
and end on Friday,  
July 31st.



## Explore Your Appetite: Nada

Friday, August 7th

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

At Nada our casa es su casa. They serve mood lifting food, drool worthy, Mexican inspired food and drinks for your irresistible fiesta!

Transportation Schedule:

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

Sign ups begin  
on Monday, July  
6th and end on  
Friday, July 31st.

## Valley Vineyards

Monday, August 17th



Along with your steak or salmon, wine and beer table, and two glasses of wine or beer, you will enjoy two types of salad, greenbeans almandine or corn on the cob in season, baked potato, rice pilaf, seasonal vegetable, fresh breads, our delicious homemade dessert buffet, coffee and tea.

Cost: \$7 Transportation, plus your choice of options below.

- \$65.00 (+ tax) per couple, includes 4 drinks or a bottle of wine per couple
- \$32.50 (+ tax) per person, includes 2 drinks

Transportation Schedule:

- South Campus Mail Kiosk: 5:10pm
- Central Campus Apt. Building: 5:15pm
- Clubhouse at North Campus: 5:20pm

Sign ups begin on  
Monday, July 6th and  
end on Friday,  
August 7th.

## Taft Museum Presents: "Enduring Spirit" with Lunch at the Museum café after the tour

Wednesday, August 26th

Cost: \$15, includes transportation and admission into the museum.

Lunch on your own.

Transportation Schedule:

- South Campus Mail Kiosk: 10:25am
- Central Campus Apt. Building: 10:30am
- Clubhouse at North Campus: 10:35am

Sign ups begin on  
Monday, July 6th and  
end on Friday,  
August 7th.

# STAYING IN

## Ladies Fireside Chat

All ladies are invited on Thursday, July 2nd from 7:00pm to 8:00pm in the Card Room.

## All Campus Sing-A-Long

Tuesday, July 7th at 7:00pm in the Fireside Lounge.

## What Is The 21st Century Mission For Our Public Schools?

From the very start, Americans have held widely divergent views on issues related to public schools. Many of these have to do with the methods by which we achieve an educated society. How do we ensure that our schools are accessible to all children? By what means do we hold students accountable for learning and schools accountable for teaching them? What is the role of families in the education of their children? What is the responsibility of schools in addressing social issues that affect their students? What is the most efficient and fair way to fund public education?

**Tuesday, July 7 at 10:00 AM** in the *Montgomery Room* – Free

Join the discussion at our second National Issues Forum of 2015!

Participation is limited to the first 20 respondents. Information booklets will be distributed by Friday, July 3rd.

Ken Suer, Moderator  
Montgomery City Council

Sign ups have expired.

**Friends of Twin Lakes Meeting**  
Wednesday, July 8th  
4:00pm in the Chapel

**Birthday Cake Celebration**  
Wednesday, July 8th  
1:00pm to 3:00pm in the Art Studio

**John Walsh on the guitar and mandolin**  
Monday, July 13th  
from 2:00pm to 3:00pm in the Fireside Lounge.

Summer Concert Series Presents:  
**The Jeanine Groh Trio**  
Wednesday, July 15th from 7:00pm to 8:00pm outside the Connection (weather permitting)

**David Pullem on piano**  
in the Fireside Lounge on Thursday, July 16th from 2:00pm to 3:00pm



**Dick Watson**  
Wednesday, July 22nd at 2:00pm in the Fireside Lounge

Enjoy a complimentary birthday luncheon with Jim Mayer!

If your birthday is in **July** and you would like to attend on **Thursday, July 23rd** in the Main Dining Room, you *must RSVP* to Lindsay Eberly at X1352 by **Friday, July 17th.**

**Baseball BBQ**  
Friday, July 24th  
11:30am to 1:30pm  
Outside of the café!



# staying in

## Frank Gallenstein

Monday, July 27th  
2:00pm in the Chapel  
Frank plays the guitar and mandolin.

## The World of iPads!

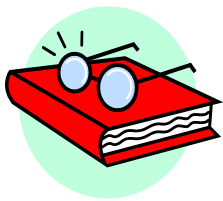
Carol Robinson is offering private iPad sessions. Please call Carol directly at X1843.

## Oil Painting with Irma Lewis

Every Tuesday from 10:00am to 12:00pm in the Art Studio  
All residents are invited; beginners are welcome!  
Cost: \$8 per class

## Bible Study

Mondays at 1:30pm in the Card Room  
We will study the book of James.



## Specs Fix

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

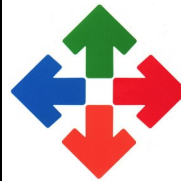
## BINGO!

Tuesdays at 3:00pm in the Art Studio



## Coffee and Art Gathering

Newcomers Welcome!  
*Every Wednesday*  
in the Pottery Studio at 10:00am



## Left Right Center

Thursdays at 1:30pm  
in the Art Studio

# The Connection

Balance Class Continues in July with Associate David Pullem on Tuesdays and Thursdays from 11:00am to 11:30am in the Movement and Education Room.



## Fun Fact: Movement melts away stress!

According to Webmd, "As much as it may stress you out just to think about exercising, once you actually start working out, you'll experience less stress in every part of your life."  
"Exercise produces a relaxation response that serves as a positive distraction," says Cedric Bryant, chief exercise physiologist for the American Council on Exercise. He says it also helps elevate your mood and keep depression at bay.  
You're not the only person who will benefit from more happiness and less stress in your life. When you're less stressed, you're less irritable, Atkinson says—and that could improve relationships with your partner, kids, and co-workers.

# The Connection

## Hours of Operation

**MONDAY—FRIDAY**

**7:00am—5:30pm**

**SATURDAY**

**8:00am—12:30pm**

### Aqua Level 1: Tuesday & Thursday - 11:00am

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.

### Aqua Level 2: Monday, Wednesday & Friday - 11:00am

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.

### Aqua Level 3: Monday, Wednesday & Friday - 3:30pm

This class will challenge your cardiovascular endurance and muscular strength. Your instructor will help you take your workout to the next level with dynamic movement and strength training. Medium - High Intensity. Class Length: 45 min.

### Aqua 20-20-5: Tuesday & Thursday - 3:30pm

Three workouts in one! This class will incorporate cardio-respiratory 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. Medium Intensity. Class Length: 45 min.

### HydroWalk: Saturday - 10:30am

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.

### Muscles in Motion: Monday, Wednesday & Friday - 9:30am

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. All levels welcome! Class Length: 45 min.

### Our Community

While there continues to be discussion over what actually defines a community, for many people it is a sense of cohesiveness among a group of people. For generations, an individual's community served a vital role in terms of offering camaraderie and acting as a support system. With our society moving at a faster and more detached manner due to technology and busy schedules, it makes it harder and harder to feel any sense of community. It is too easy to become isolated in our homes, and yet isolation tends to beget a sense of loneliness and depression not to mention the breakdown that can occur in communities due to a detachment from others. The idea of community may simply come down to supporting and interacting positively with other individuals who share a vested interest.

Please call 247-1331, or email [jon.williamson@lec.org](mailto:jon.williamson@lec.org) anytime and collectively. As a community we can call this place HOME! I can't wait to meet each one of you to hear your story!

Jon Williamson – The Connection Manager

# Volunteer Services

## “Generations of American Pride”



Twin Lakes' theme this year in the Montgomery Independence Day Parade on Saturday, July 4th.

Ways you can participate:

- Help Decorate on Thursday, July 2nd at 1:00pm.
- Ride in the decorated bus on July 4th
- Walk in the parade with your family and associates.

Call Nancy Schwandner about decorating and riding at X1362.

It is that time of year to start working on organizing and pricing the many donated items for the Whale of a Sale on September 12, 2015!

Come to the Honda Annex beginning July 15th from 1:00pm to 3:00pm.

We will work each Wednesday until the sale.

Please let Nancy Schwandner know if you can volunteer at ext. 1362.

