

# TWIN LAKES PRESS

November 2016

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



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**Facebook**

Twin Lakes Senior Living Community

### Six Dimensions of Wellness

Emotional • Intellectual  
Physical • Social  
Spiritual • Vocational

A Big Thank You goes out to everyone who volunteered their time and donated candy for the Harvest Festival!!

# THANK YOU!

## Please don't forget to Vote!



Tuesday,  
November 8th  
6:30am to  
7:30pm in the  
Art Studio

## Friends of Twin Lakes Holiday Gifts & Bake Sale

Friday, November 18th  
10:00am - 4:00pm



# CAMPUS NOTES

## CENTRAL CAMPUS

### Resident Meeting

Thursday, November 3rd at  
4:00pm in the Chapel

### Coffee Chat

Tuesday, November 15th at  
10:00am in the Card Room

## NORTH CAMPUS

### Resident Meeting

Friday, November 4th  
at 9:00am at the  
Clubhouse

### Coffee Chat

Friday, November 18th at  
9:00am at the  
Clubhouse

## SOUTH CAMPUS

### Resident Meeting

Friday, November 4th at 10:30am in  
the Montgomery Room



## All Campus Sing-along "Hymn Sing"

Led by Shelley Bamberger and Reverend Tom York

Tuesday, November 8th at 7:00pm

in the Chapel

Please leave your hymn requests in the basket on  
the piano in the fireside room.

# 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, November 21st and

Tuesday, November 22nd

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, November 11th

Call X1320 to schedule your appointment.

\*Flu shots will be available during walk in clinic hours (Tuesday and Thursday 11:00am-2:00pm) during the month of November.

### Therapy Program

Held on the third Thursday of every month

**Thursday, November 17th at 1:00pm in the Movement and Education Room**

# A NOTE FROM JIM

In 2004, Dan Buettner, a researcher in the field of longevity, studied people who live in specific regions around the world who live measurably longer and better lives. (I am surprised he did not come here to Twin Lakes!) He identified five regions world wide called the "Blue Zones." The "Blue Zones" are Loma Linda, California; Nicoya, Costa Rica; Sardinia, Italy; Ikaria, Greece; and Okinawa, Japan.

Tremendous research has been done about these regions concerning the common factors allowing these people in these areas to live longer and better. Their average age rates are over 100 years old, greater than 10 times the US average. Their health and vitality are also better which allows them to utilize much less medical care. From these common characteristics, the researcher identified and named the Four Simple Lifestyle Principles of these people.

**EAT WISELY** – (I was hoping this was not one!) Avoid processed foods especially meats. This diet should be plant based and according to much research on longevity should be based on eating around 1500 to 1700 calories per day. Also, if appropriate to your belief system, drinking a small amount of wine daily is healthful.

**KEEP MOVING** – Focus on doing your favorite physical activities. They don't have to be what we consider traditional exercises, but things like walking, playing with the grandchildren, parking farther away from the store, and keeping ambulatory as long as possible. Be extra careful NOT to Fall! Be safe even if you need to use a cane or walker!

**BELIEF SYSTEM and SOCIALIZING** – Have strong faith and be around people who believe. Spiritualization was found to be a strong principle, and even stronger when your spirituality includes other people. Surround yourself with people who help you keep your soul and your mind happy.

**OUTLOOK and PURPOSE**- Have a sense of purpose every day! Your attitude must be positive, and it must be sincere (from your heart) and honest. The people in the Blue Zones all had a purpose to live, cared for someone else, worked in their community, and had a positive attitude for living!

The "Blue Zones" research by Dan Buettner was and is fascinating to me. I try to live by these principles except the Eat Wisely one; I kind of miss that one once in awhile. However, Moving and Having Faith and Purpose are the principles that I try to follow each and every day!

We at Twin Lakes try to put these principles into practice at all levels of care and service in our community.

By the way, Mr. Dan Buettner has written many books on this subject, and it is worth the read if you're interested.

Again as always we appreciate you living here at Twin Lakes, and we will try to help you all to live longer and better every day.

# 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

PREPARE TO CELEBRATE THANKSGIVING AND CHRISTMAS AND AT THE SAME TIME SUPPORT THE BENEVOLENT CARE AND PASTORAL CARE FUNDS.

In the first week of November, Christmas merchandise will be in the Campus Shop.

Make sure you are also present to get the best selection. The Campus Shop will be decorated for the holidays with a lovely supply of gifts, cards and decorations available for purchase. The beautiful wreaths and artificial plants you see in the Shop, although serving as decorations for the shop, are also available for purchase. Finish your Thanksgiving and Christmas shopping early. If you see something you want, we are willing to hold an item for 24 hours. Otherwise, it might not be there when you return.

Just be sure to give the volunteer your name and phone number.

The Campus Shop will have a large selection of Christmas cards (packages and boxes), reasonably priced, and arriving in November. Other single Christmas cards will be available, as well as Ann Flournoy's handcrafted cards.

Pecans, chocolate covered pecans and cashews will also begin to arrive in November. The bags of nuts (beautifully decorated) make wonderful gifts for any hostess, host, family member or friend. Make your purchases early as all of these items sell out quickly. We will give you the best price possible.

If you have an invitation for dinner for Thanksgiving or Christmas, you can show gratitude to your host or hostess by giving a Benken gift Card. Don't overlook the opportunity to buy Benken Gift Cards in the Campus Shop. A gift card allows your host or hostess to make their own choice of plants or flowers. The Benken Gift Card must be purchased at the Campus Shop in order for "Friends of Twin Lakes" to receive the 20% benefit. Benken Gift Cards are \$25.00.

If your young relatives like to visit the Campus Shop, purchase some \$1.00 Campus Shop Gift Certificates to put in their stockings so they can do their own shopping. The gift certificates can be used on any non-taxable items in the shop which include candy, chips, popcorn, milk, 100% juice, etc. Our famous ever present "Sale Cart" will be taking a break until January, 2017 when it will reappear.

If you are a "card carrying" member of "Friends of Twin Lakes" and show your 2016 card to the volunteer when making a purchase, you will receive a chance to win the monthly prize which is equivalent to the cost of general membership. You must have your 2016 card with you. No exceptions. Do not ask the volunteer to make an exception. The winner for the month of September was Jo Graulty. Congratulations, Jo!  
Will you be the winner in November?

Please do not let all the construction keep you from the Campus Shop. We need you all.

# Bulletins

Enjoy a complimentary birthday luncheon with Jim Mayer!

If your birthday is in **November** and you would like to attend on **Tuesday, November 15th** in the Main Dining Room at 12:00pm, you *must* **RSVP** to the Connection at X1330 by **Friday, November 11th**.

## ? Computer Technical Help



Having Computer Issues?

Call:

Computer Xpress  
Steve Pollak

([steve@computerxpress.com](mailto:steve@computerxpress.com))

10014 Montgomery Rd.

Cincinnati, OH 45242

(513) 844-8324

OR

The Geek Squad

1-800-433-5778

Do you have any  
questions about Medicare Supplement Plans?

Please stop by the Library on Thursday, November 3rd from  
1:00pm-3:00pm for any questions you may have.

Have a happy and fun-filled  
Thanksgiving Holiday with  
family and friends!



# 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 November are:*

November 2nd	Fr. Albert Bischoff, S.J.
November 9th	Fr. Albert Bischoff, S.J.
November 16th	Fr. Pat Crone
November 23rd	Fr. Pat Crone
November 30th	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.

November 6	Chaplain Jerry Mueller
November 13	Chaplain Paul Burden
November 20	Chaplain Paul Burden
November 27	Chaplain Paul Burden

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

Harvest celebrations are not new. People in virtually all times and places have celebrated and expressed gratitude for the food they have grown and the provisions they have received. Here in the United States, our Thanksgiving holiday is an important time for us to consider the abundant blessings we enjoy. We remember our Pilgrim forbears who struggled through a difficult year in their homes, and who finally enjoyed a good harvest with the help of their Native American neighbors. Governor William Bradford declared a special day of Thanksgiving in the early Plymouth colony, a tradition that was continued in other colonies and later states. In 1863, President Abraham Lincoln proclaimed a national day of Thanksgiving in the United States. When we celebrate Thanksgiving, we join not just our family and friends, but all Americans, past, present, and future, in recognizing that we are very blessed. May the knowledge of those abundant blessings encourage us to bless others so that all of our neighbors and people around the world will have opportunities to give "thanks" as well. A very Happy Thanksgiving to you and yours!  
-Chaplain Paul

# TRANSPORTATION

## Need a ride? Have an appointment?

Twin Lakes provides both private and medical transportation services. Appointments must be made five (5) days in advance, are available on a first come, first served basis, and are subject to availability.



## SHOPPING SHUTTLE

### Montgomery Shopping Center

McKinley and Villas at 9:00am  
Central Campus at 9:30am  
Continuous return trips until 11:00am  
**Thursdays in November: 3rd, 10th, 17th**  
**Wednesday, November 23rd**

### Trader Joe's Shuttle

Wednesday, November 9th at 1:00pm

### Kenwood Towne Centre and Kenwood Theater **Wednesday, November 30th**

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

# Big Screen Movies

## **A Few Good Men**

1992, Rated R, 138 mins.

**Saturday, November 5th**

When cocky military lawyer Lt. Daniel Kaffee and his co-counsel, Lt. Cmdr. JoAnne Galloway, are assigned to a murder case, their investigation uncovers a hazing ritual that could implicate high-ranking officials.

## **Guarding Tess**

1994, Rated PG-13, 95 mins.

**Saturday, November 12th**

Doug Chesnic is a stoic Secret Service agent who feels more like a heavily armed butler guarding former First Lady Tess Carlisle, a demanding widow living quietly in Ohio. But with Doug poised to take a new assignment, Tess won't let him go.

## **A Charlie Brown Thanksgiving**

1973, Not Rated, 25 mins.

**Saturday, November 19th**

Join Charlie Brown and the Peanuts gang for this Thanksgiving double feature. In A Charlie Brown Thanksgiving, Chuck tries to host a traditional holiday feast. In the Mayflower Voyagers, the Peanuts re-enact the first Thanksgiving. In the Emmy-winning first feature, dinner turns into a disaster when clueless Snoopy and Woodstock serve toast and popcorn as the main dish, but Marcie steps in and saves the holiday.

## **Houdini**

1953, Not Rated, 106 mins.

**Saturday, November 26th**

This biopic follows the life of Harry Houdini as he evolves from sideshow performer to celebrated illusionist. The film touches on Houdini's crusade against fraudulent spiritualists and includes re-enactments of some of his most spectacular escapes.

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

# Calendar of Events

Sunday	Monday	Tuesday	Wednesday
		1 10:00 Circuit Training - M&E 10:00 Oil Painting - AS 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA <b>12:30 Greenacres Tour</b> 1:00 American Mahjong - FS 1:30 Social Bridge - CR 2:30 Aqua Level 3 - AA 3:00 Play BINGO! - AS	2 9:30 Muscles in Motion - M&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>11:40 Explore Your Appetite</b> 1:30 Mahjong - CR 2:00 Armstrong Bible Study - CH 2:30 Aqua Level 3 - AA
6 <b>9:50 St. Peter in Chains Mass</b> 4:00 Ecumenical Worship Service - CH	7 9:30 Muscles in Motion - M&E 10:30 Ping Pong - BR 10:30 Specs Fix - AS 11:00 Aqua Level 2 - AA 1:30 Bible Study - CR <b>2:00 Mary Purden - CH</b> 2:30 Aqua Level 3 - AA 3:15 Coloring Book Club - CR  <i>Sign ups Begin</i>	8 <b>Election Day!</b> 10:00 Circuit Training - M&E 10:00 Oil Painting - AS 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 American Mahjong - FS 1:30 Social Bridge - CR <b>2:00 Art Seminar - Mont</b> 2:30 Aqua Level 3 - AA 3:00 Play BINGO! - AS <b>7:00 All Campus Sing-A-Long "Hymn Sing" - CH</b>	9 <b>9:00 Walk It Out - CON</b> 9:30 Muscles in Motion - M&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> 1:30 Mahjong - CR 2:00 Armstrong Bible Study - CH 2:30 Aqua Level 3 - AA <b>3:00 Alzheimer's Support - DS</b> <b>4:00 Friends of Twin Lakes - CH</b>
13 4:00 Ecumenical Worship Service - CH	14 9:30 Muscles in Motion - M&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  <i>Rudino's Night 5:00pm to 7:30pm</i>	15 <b>10:00 CC Coffee Chat - CR</b> 10:00 Circuit Training - M&E 10:00 Oil Painting - AS <b>10:00 National Issues Forum-Mont</b> 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 American Mahjong - FS 1:30 Social Bridge - CR 3:00 Play BINGO! - AS <b>6:30 Phantom of the Opera</b>	16 9:30 Muscles in Motion - M&E 10:00 Coffee and Art - PS 10:30 Catholic Mass - CH 11:00 Aqua Level 2 - AA <b>11:10 Mystery Lunch (1st Choice)</b> 1:30 Mahjong - CR 2:00 Armstrong Bible Study - CH <b>7:00 Tom White - FS</b>
20 4:00 Ecumenical Worship Service - CH	21 9:30 Muscles in Motion - M&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>3:30 The "Bookies"- NC</b> <b>7:00 Acoustic Guitars - CH</b>	22 10:00 Circuit Training - M&E 10:00 Oil Painting - AS 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 American Mahjong - FS 1:30 Social Bridge - CR <b>2:00 Art Seminar - Mont</b> 2:30 Aqua Level 3 - AA 3:00 Play BINGO! - AS	23 9:00 MCK, NC and SC Villas Kroger Shuttle 9:30 CC Montgomery Kroger Shuttle 9:30 Muscles in Motion - M&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 Armstrong Bible Study - CH 2:30 Aqua Level 3 - AA <b>7:00 Izzy and Toby's Band - CH</b>
27 4:00 Ecumenical Worship Service - CH  8	28 9:30 Muscles in Motion - M&E 10:30 Ping Pong - BR 10:30 Specs Fix - AS 11:00 Aqua Level 2 - AA <b>1:00 Birthday Cake Party - AS</b> 1:30 Bible Study - CR 2:30 Aqua Level 3 - AA 3:15 Coloring Book Club - CR <b>4:00 Downton Abbey Lecture - CH</b>	29 10:00 Circuit Training - M&E 10:00 Oil Painting - AS <b>10:20 Van Gogh Art Museum</b> 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 American Mahjong - FS 1:30 Social Bridge - CR <b>2:00 Tom Strofeldt - CH</b> 2:30 Aqua Level 3 - AA 3:00 Play BINGO! - AS	30 9:30 Muscles in Motion - M&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>11:40 Mystery Lunch (2nd Choice)</b> 1:30 Mahjong - CR 2:00 Armstrong Bible Study - CH <b>3:00 Movie Matinee Featuring "Mrs. Doubtfire"- Mont</b> <b>7:00 Benjamin Gittens - FS</b>



# November 2016

Thursday	Friday	Saturday
<p style="text-align: right;"><b>3</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle            9:30 CC Montgomery Kroger Shuttle            10:00 Circuit Training - M&amp;E            11:00 Balance Class - M&amp;E            11:00 Aqua Level 1 - AA  <b>1:00 Medicare Consultations - LIB</b>            2:30 Aqua 20-20-5 - AA  <b>4:00 CC Resident Meeting-CH</b></p>	<p style="text-align: right;"><b>4</b></p> <p><b>9:00 NC Resident Meeting - CL</b>            9:30 Muscles in Motion - M&amp;E            10:30 Ping Pong - BR  <b>10:30 SC Resident Meeting -Mont</b>            11:00 Aqua Level 2 - AA            1:30 Scrabble - CR  <b>2:00 Art for Everyone - AS</b>            2:30 Aqua Level 3 - AA  <b>6:40 POPS: American Voice</b></p>	<p style="text-align: right;"><b>5</b></p> <p>1:00 Hong Kong Mahjong - CR  <b>1:00 Big Screen Movie - Mont</b>  <u><b>A Few Good Men</b></u>            7:00 Bingo - AS            7:30 Open Bridge - CR    <i>Connection Hours</i>  <i>8:00 am- 12:30 pm</i>  <i>Open Gym / Open Swim</i></p>
<p style="text-align: right;"><b>10</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle            9:30 CC Montgomery Kroger Shuttle            10:00 Circuit Training - M&amp;E  <b>10:30 Town Hall Lecture Series</b>  <b>Outing</b>            11:00 Balance Class - M&amp;E            11:00 Aqua Level 1 - AA            1:00 Duplicate Bridge - CR  <b>1:00 Twin Lakes Veterans' Group-AS</b>            2:30 Aqua 20-20-5 - AA  <b>7:00 Ladies Chat-CR</b></p>	<p style="text-align: right;"><b>11</b></p> <p>9:30 Muscles in Motion - M&amp;E  <b>9:50 CSO: Best of Baroque</b>            10:30 Ping Pong - BR            11:00 Aqua Level 2 - AA  <b>1:30 Floral Arranging - AS</b>            1:30 Scrabble - CR  <b>2:00 Art for Everyone - AS</b>            2:30 Aqua Level 3 - AA    <p style="text-align: center;"><b>Happy Veterans' Day!</b></p> </p>	<p style="text-align: right;"><b>12</b></p> <p>10:00 SC Ladies Coffee Chat-Gazebo            1:00 Hong Kong Mahjong - CR  <b>1:00 Big Screen Movie - Mont</b>  <u><b>Guarding Tess</b></u>            7:00 Bingo - AS            7:30 Open Bridge - CR    <i>Connection Hours</i>  <i>8:00 am- 12:30 pm</i>  <i>Open Gym / Open Swim</i></p>
<p style="text-align: right;"><b>17</b></p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle            9:30 CC Montgomery Kroger Shuttle            10:00 Circuit Training - M&amp;E            11:00 Balance Class - M&amp;E            11:00 Aqua Level 1 - AA  <b>1:00 Therapy Program - M&amp;E</b>            2:30 Aqua 20-20-5 - AA  <b>4:00 Julie Clifford - FS</b>  <b>5:00 Resident Thanksgiving Dinner</b></p>	<p style="text-align: right;"><b>18</b></p> <p><b>9:00 NC Coffee Chat - 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            2:30 Aqua Level 3 - AA    <p style="text-align: center;"><b>Holiday Gifts and Bake Sale</b>  <b>From 10:00am-4:00pm</b></p> </p>	<p style="text-align: right;"><b>19</b></p> <p>1:00 Hong Kong Mahjong - CR  <b>1:00 Big Screen Movie - Mont</b>  <u><b>A Charlie Brown Thanksgiving</b></u>            7:00 Bingo - AS            7:30 Open Bridge - CR    <i>Connection Hours</i>  <i>8:00 am- 12:30 pm</i>  <i>Open Gym / Open Swim</i></p>
<p style="text-align: right;"><b>24</b></p> <p style="text-align: center;"><b>Happy Thanksgiving!</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>The Connection will be Closed.</b>  <b>No Transportation</b></p>	<p style="text-align: right;"><b>25</b></p> <p>10:30 Ping Pong - BR            1:30 Scrabble - CR            2:30 Aqua Level 3 - AA    <p style="text-align: center;"><b>The Connection is open</b>  <b>9:00am to 3:00pm. No fitness</b>  <b>classes will be held.</b></p> </p>	<p style="text-align: right;"><b>26</b></p> <p>10:00 SC Ladies Coffee Chat-Gazebo            1:00 Hong Kong Mahjong - CR  <b>1:00 Big Screen Movie - Mont</b>  <u><b>Houdini</b></u>            7:00 Bingo - AS            7:30 Open Bridge - CR    <i>Connection Hours</i>  <i>8:00 am- 12:30 pm</i>  <i>Open Gym / Open Swim</i></p>
<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 style="text-align: right;"><b>9</b></p>

# Going Out

## POPS: American Voice "Sara Evans"

Friday, November 4th 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.**

## Walk It Out to New Richmond

Wednesday, November 9th

Meet in the Connection at 9:00am.

*Cost: \$7 transportation, plus lunch on your own at Front Street Café.*

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

## Free BAMSO Concert

Sunday, December 4th at 7:00pm at the Montgomery Assembly of God

*The Blue Ash/Montgomery Symphony Orchestra will present its annual Kindle Memorial Holiday Concert on the first Sunday in December. This year's theme will be "A Gold Record Christmas." This concert has become the traditional beginning to the holiday season for Blue Ash and Montgomery residents.*

Transportation Schedule:

- South Campus Mail Kiosk: 6:00pm
- Central Campus Apt. Building: 6:05pm
- Clubhouse at North Campus: 6:10pm

To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. **Estimated time back to Twin Lakes 10:00pm.**

## Cincinnati Ballet Dress Rehearsal Presents

### "The Nutcracker" with lunch at Bravo Italian Restaurant.

Friday, December 9th at 10:30am

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

*Don't miss Cincinnati's favorite holiday tradition! Join Cincinnati Ballet for the magic and wonder of The Nutcracker, with live music by the Cincinnati Symphony Orchestra. When Clara receives a nutcracker on Christmas Eve, her dreams take her on a grand adventure. Follow Clara and her Nutcracker Prince to the wondrous Land of Sweets, where a fantastic cast of characters awaits. Meet the Snow Queen and her King, Sugar Plum Fairy and Cavalier, mischievous mice, brave toy soldiers, chicks, bumblebees, and even Clara's friend, Minnie the Poodle.*

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.**

# GOING OUT

## Mystery Lunch (1st Date Choice)

Wednesday, December 7th

*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.*

## Legendary Lights of Clifton Mill and Dinner at DeSha's

Monday, December 12th

*Cost \$20.00 plus dinner on your own.*

Our first stop will be DeSha's for an early dinner, and then we will head to *Clifton Mill* to enjoy shopping and to see the legendary light display. Every hour on the hour the entire light display will go dark and then will be turned back on to reveal a spectacular sight set to orchestral music. Be sure to dress warmly.

***\*\*Please note that travel time is 1 hour and 20 minutes in each direction.\*\****

Transportation Schedule:

- South Campus Mail Kiosk: 4:35pm
- Central Campus Apt. Building: 4:40pm
- Clubhouse at North Campus: 4:45pm

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 10:00pm.*

## Save the Date for the Holiday Dinner Outing

*McCormick and Schmicks*

on Thursday, December 15th at 6:00pm.

We will be in the second floor suite overlooking the fountain square ice rink and the Christmas tree downtown!

The price of \$75 includes a three course dinner, including salad, entrée, and dessert, sales tax, 20% gratuity and transportation.

*A cash bar will be available during dinner.*

*Musical entertainment and a little treat will be provided at no charge during dinner.*

If you have questions, please call Ashley Baumer at X1330.

Transportation Schedule:

- South Campus Mail Kiosk: 5:00pm
- Central Campus Apt. Building: 5:05pm
- Clubhouse at North Campus: 5:10pm

To sign up, please call the Activity Line at X1321.  
Leave your name, phone number, and APT/VILLA  
number. *Estimated time back to Twin Lakes 10:00pm.*

# Going Out

## Christmas Nights of Lights at Coney Island

Wednesday, December 21st

*Cost: \$15 transportation and ticket*

*Join us for a holiday treat in the Fireside Room at 6:30pm.*

*Start the evening off in the Fireside Room with coffee, hot chocolate and donuts then join us for a new family holiday tradition at Coney Island!*

*This family event features a 2-mile car ride through Christmas displays and light shows consisting of over one million LED lights, driven by more than ten thousand computer channels. Visitors of all ages will be awed by the larger than life trees, glowing snowflakes, dancing candy canes and fantastic tunnels of lights! In the warmth of our Twin Lakes bus you can sing along to the sounds of the season synchronized to each holiday display.*

*(If you would prefer to be picked up at your campus location please let Ashley know. X1330)*

### Transportation Schedule:

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

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

## Explore Your Appetite to Trio Bistro

Tuesday, December 27th

*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.***

## Mystery Lunch (2nd Date Choice)

Thursday, December 29th

*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.***

# Construction Updates

## Central Campus IL Expansion Project – Project Update

As the project is moving forward, we are continuing to re-route and run underground utilities such as storm, sanitary, and gas. During the month of November, there will be the following activities: the emergency access road on the east side of existing IL building will be open for use by emergency vehicles only. Danis will have completed and opened the new north road, which will be connected to the existing Twin Lakes Drive entrance. With the new road, there will be new parking available to residents and associates. During this month, Danis plans to start the excavation of foundations for the new Independent Living Building. Prior to excavation, the existing Welcome Center will be relocated to the connection, and the demolition of existing porte cochere will occur.



## Staying In

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

Tuesday, November 15th 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.

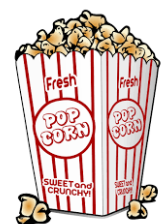
We use more energy than any other country. Americans make up only 4.5 percent of the world’s population, yet we consume about 20 percent of the world’s energy production. Collectively, we drive more, heat more, air condition more, and plug in more electronic devices than anyone else. We use 22 percent 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 the Activity Line at X1321.

# staying in

<p><b>Mary Purden Chorus</b> Monday, November 7th at 2:00pm in the Chapel</p>	<p><b>All Campus Sing-A-Long “Hymn Sing”</b> Tuesday, November 8th at 7:00pm in the Chapel</p>
<p><b>Lois Johannigman Art Seminar</b> Tuesday, November 8th and Tuesday, November 22nd from 2:00pm-3:00pm in the Montgomery Room. Please call the Activity Line to save your seat.</p>	<p><b>Ladies Chat</b> Thursday, November 10th at 7:00pm in the Card Room with Brittany Barrett</p>
<p><b>Tom White</b> Wednesday, November 16th at 7:00pm in the Fireside Room</p>	<p><b>Come sing along with Julie Clifford!</b> Thursday, November 17th at 4:00pm in the Fireside Room</p>
<p><b>Singing and playing acoustic Guitars with Jody Knoop</b> Monday, November 21st at 7:00pm in the Chapel</p>	<p><b>Izzy and Toby’s Band</b> Wednesday, November 23rd at 7:00pm in the Chapel</p>
<p><b>Birthday Cake Party</b> Monday, November 28th at 1:00pm in the Art Studio. Enjoy delicious cake and November Birthdays!</p>	<p><b>Downton Abbey Lecture</b> Monday, November 28th at 4:00pm in the Chapel</p>
<p><b>The Emergence of the American Rifleman Lecture Series with Tom Strohfeltd</b> Tuesday, November 29th at 2:00pm in the Chapel</p>	<p><b>Benjamin Gittens on the piano!</b> Wednesday, November 30th at 7:00pm in the Fireside Room</p>
<p><b>Art for Everyone</b> Friday, November 4th and Friday, November 11th at 2:00pm in the Art Studio.</p>	<p><b>Floral Arranging</b> Friday, November 11th at 1:30pm in the Art Studio Call the Activity Line to sign up! X1321</p>
<p><b>Movie Matinee Featuring “Mrs. Doubtfire”</b> Wednesday, November 30th at 3:00pm in the Montgomery Room <i>Snacks and drinks will be provided.</i></p>	



# The Connection

## Holiday Hours in the Connection:

The Connection will be Closed on Thanksgiving, Thursday, November 24th

Friday, November 25th the Connection will be open **9:00am to 3:00pm.**  
*No Fitness classes will be held.*

## ALICE

What is Alice:

What everyone in this community is looking for is an active and meaningful life. You and your neighbors want to embrace each day and then look forward to a new day every day.

This is what you will find in our NEW ALICE program. Through our “Real-Time” Events & Programs and Announcement pages you will have access to all of the up-to-date information that affects you. Think of it as a closed news network just for YOU.

Why should I “Log-On” to Alice? Here are a few ideas:

Check Twin Lakes Activity Calendar, Check monthly menus and Campus Shop specials, Receive important news and department updates in real-time, See what is happening in the Connection, Get up to date Construction information, Find friends who are in your community who might have the same interest, and the list goes on.

**QUESTIONS? PLEASE CONTACT JON WILLIAMSON  
CONNECTION MANAGER AT 247-1331.**

### **November is National Alzheimer’s Disease Awareness Month**

Alzheimer's disease is the 6th leading cause of death in the United States.

More than 5 million Americans are living with Alzheimer's.

Every 66 seconds someone in the U.S. develops the disease.

*While research is not yet conclusive, certain lifestyle choices, such as physical activity and diet, may help support brain health and prevent Alzheimer's. Many of these lifestyle changes have been shown to lower the risk of other diseases, like heart disease and diabetes, which have been linked to Alzheimer's.*

# Volunteer Services

## **You are invited to the Friends of Twin Lakes Holiday Gifts & Bake Sale!**

**Friday, November 18th**

**10:00 am. — 4:00 pm.**

**Home baked goods, poinsettias  
and gift items**

**All residents and associates and your families are invited.**

