

TWIN LAKES PRESS

September

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 www.lec.org



Twin Lakes Senior Living Community

Six Dimensions of Wellness
 Emotional • Intellectual
 Physical • Social
 Spiritual • Vocational

Save the date Harvest Festival

Thursday, October 27th
 from 6:00pm to 8:00pm



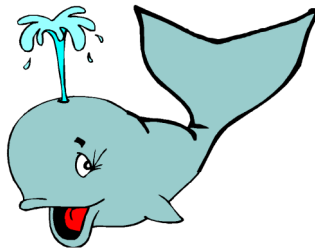
Please consider donating candy for the festival. You can drop it off in the Connection. All candy should be wrapped.

Tail of the Whale

Thursday, September 22, 2016 from 10:00am - 5:00pm in Twin Lakes Montgomery Room

Come and shop the "Tail of the Whale Sale" for associates & residents, not the public this year. This is a Friends of Twin Lakes fundraiser.

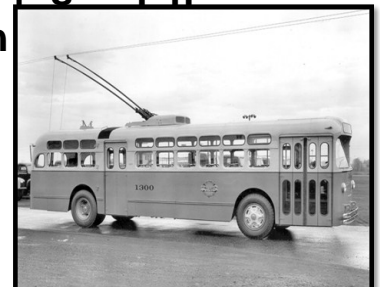
We are still accepting donations. Please drop off items in the Volunteer office or The Connection.



Volunteers are needed to help set up on Wednesday, September 21st and sell Thursday, September 22nd. Call Nancy Schwandner at X1362.

Last chance to ride historic "Part 2" trolleys in Cincinnati, the

Conductor Nick Rehtin will board passengers on Thursday, September 29th, in the Chapel. (No need to have seen Part 1)



CAMPUS NOTES

79BHF5@ '75ADIG

Resident Meeting Coffee Chat
 Thursday, September 1st at 4:00pm in the Chapel
 Tuesday, September 20th at 10:00am in the Card Room

BCFH < '75ADIG

Resident Meet Coffee Chat
 Friday, September 2nd at 9:00am at the Clubhouse
 Friday, September 16th at 9:00am at the Clubhouse

GCIH < '75ADIG

Resident Meeting
 Friday, September 2nd at 10:30am in the Montgomery Room

All Campus Sign With Mary Lou



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

Please Welcome New

Dave and Joyce Swedes to South Campus
 Frank and Susie Fiore 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, September 19th and
 Tuesday, September 20th
 Call X1320 to schedule your appointment.

***NEW** Dermatology services are available in the Health and Therapy Suite. The Dermatology Clinic is open on **Thursday, September 14th**. Please call X1320 for appointment.

Walkin 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

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 Evaluation

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

Therapy Program

Held on the third Thursday of every month

Thursday, September 10th **00prth Movement and Ed**
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A NOTE FROM JIM

Being an Executive Director of a Senior Living Community with over 330 residents and over 180 associates, along with our tremendous growth, can be somewhat challenging on a daily basis.

In July, I sent around a survey asking you to rate our services by departments and by an overall rating of our community. Over 60 percent of the surveys were completed and submitted. So I first would like to thank you for all your positive suggestions. There were many written comments that are very helpful and great ideas to make your living here at Twin Lakes excellent!

One example of a suggestion was that the menu in the dining room needs some attention. As a result of that idea, Adam held a dining symposium in the Chapel last month about our new dining menu. Other implementations of ideas will follow.

I now will meet with Department heads to implement many of your suggestions now, and the remainder will be actively discussed later. I hope that all of us will participate in this project to further Twin Lakes' successful present and future.

The departments surveyed with the manager's name were:

Connection/Events & Programs – Jon Williamson

Dining and Café – Adam Shaffer

Housekeeping – Ginger Johnson

Maintenance – John Viox

Transportation- Steven Ledwin

Welcome Center/ Life Safety – Pauline O'Leary

In the last part of the survey, 88% of you rated living here at Twin Lakes as very good to excellent and over 93% would recommend Twin Lakes to others.

In June, we also surveyed the associates asking them to rate their experience of working here at Twin Lakes. Over 87% of associates are very engaged and over 95% would recommend Twin Lakes to a friend as an employer. Probably the best result of the associate survey was that in 2014 only 32 surveys were completed in contrast to the 137 surveys completed this June. Outstanding!

Even though being an Executive Director sometimes is tough and making hard decisions have to be made, I really try to be very empathetic when deciding on big issues. However, it is my job to keep this community a great place to live and work. I really do look at Twin Lakes' associates and residents as an extended family, so it does sincerely hurt when a resident or an associate leaves this wonderful community.

Again as always thank you for living here at Twin Lakes. I consider this a privilege to be here with all of you.

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

WHEN YOU PATRONIZE THE CAMPUS SHOP, YOU CARE AND PASTORAL CARE

A visit to the Campus Shop will find it decorated with the colors of autumn. Lovely gift items are always available. You will find lovely scarves, birds, turtles, boxes of note cards, Halloween and Thanksgiving decorations and more.

Our Sale Cart continues with greeting cards for family members at 2 for 75 cents, plus tax. Christmas cards are at very reasonable prices of 50 cents each and some boxed cards are bargain priced. The Sale Cart is ever changing.

Check it out frequently.

Halloween cards and more decorations will be arriving later in September. Shop as soon as they arrive because both the cards and the decorations sell out fast.

The Campus Shop has many different coffees as well as breakfast tea and green tea and milk chocolate cocoa and dark chocolate cocoa. Support Benevolent Care and Pastoral Care Funds by purchasing your coffee, tea and cocoa at the Campus Shop. Show your 2016 "Friends of Twin Lakes" membership card and receive a chance to win the monthly drawing. Dorothy Tate, resident, was our June winner and Ryan Wooley, associate, was our July winner.

There will be many warm days in September when you can enjoy healthy frozen fudge bars (80 calories), fruit popsicles come in pineapple, tangerine, grape and strawberry (only 60 calories), as well as Snicker ice cream bars, Klondike ice cream bars and Drumsticks. Treat yourself before or after you take a walk.

We continue to work on reaching our goal of 100% membership of all residents and associates in "Friends of Twin Lakes," our auxiliary. As this is written, we have 220 residents, 42 associates and 28 community members. Call Joan Mettey, Membership Chair at X1828 to secure a membership form or pick up a form at the Campus Shop.

General Membership is \$10. Looking forward to hearing from our new residents.

The Campus Shop will be closed on September 5, in honor of Labor Day. Our very loyal volunteers deserve a day of rest and relaxation.

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

Bulletins and Birthdays

The Twin Lakes "Transition Group" will be back in the Summer. The group will resume on

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Enjoy a complimentary birthday lu

If your birthday is in September, you would like to attend on

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{ ~ • c Á Ü Ü h e Ó Á m e ç t i ó n at X1330 by : f] X U m ž ' G Y d h Y a V



We are happy to be a part of the Montgomery community. We are located across Montgomery Road from Twin Lakes in the Kroger Center. We believe in the power of massage to change people's lives for the better. Regular monthly massage provides therapeutic relief to people of all ages and all walks of life. We are delighted to offer special membership pricing to residents of Twin Lakes:

Introduction priced at \$49 for a one-hour massage session

Twin Lakes Resident Membership Rate - Become a member by agreeing to pre-pay for one massage a month. The Twin Lakes' resident rate is \$59 for a one-hour session. This price includes a tip for the therapist, so your total cost for the massage is just \$59. (The regular rate is \$59 plus most people tip.)

Your prepaid massages never expire, so if you can't make it one month you can use it the next month or share it with a friend or relative.

We guarantee massages. If we don't meet your expectations, we will schedule you with a different therapist – free of charge.

Please give us a call at 513.334.5229 to schedule an appointment. We usually have same day appointments available.

*Connection Allowance **CANNOT** be used with this service. You must pay Elements Massage at the time of service*

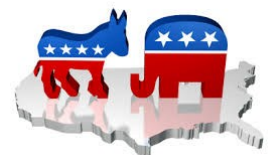
General Election Information

Anyone who wishes to vote in the **Tuesday, November 8th, 2016**

Election must be registered to vote with the Hamilton County Board of Election by **Tuesday, October 11, 2016.**

If you are not registered through Hamilton County Board of Election, you must complete and mail in a voter registration form.

Please stop by the Connection to pick up your voter registration forms and/or Absentee Ballot. Don't miss out on voting during this exciting election!



SPIRITUAL

Catholic Mass Sunday Ecumenical Worship Service

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.

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

September 7th	Fr. Albert Bischoff, S. J.
September 14th	Fr. Pat Crone
September 21st	Fr. Albert Bischoff, S. J.
September 28th	Fr. Pat Crone

September 4th	Chaplain Paul Burden
September 11th	Chaplain Jerry Mueller
September 18th	Chaplain Paul Burden
September 25th	Chaplain Paul Burden

-On Monday, September 5, our nation will observe and celebrate Labor Day. While the Labor Day weekend is often filled with cookouts and travelling, the original intent of those who advocated for the establishment of the holiday was to honor the contributions of America's workers and tradespeople to our nation's prosperity and well being. Some in our modern world have expressed hope that technology and machines will minimize the amount of work necessary to create goods and services, thus creating more leisure time. Wendell Berry, however, reminds us that the work that we do, or have done in our lives, should be understood as our calling – an integrated part of our lives that gives us opportunities to exercise our gifts and talents. According to Berry, "The old and honorable idea of 'vocation' is simply that we each are called, by God, or by our gifts, or by our preference, to a kind of good work for which we are particularly fitted. Implicit in this idea is the evidently startling possibility that we might work willingly and that there is no necessary contradiction between work and happiness or satisfaction." May this Labor Day be a reminder to celebrate the work we have done and the work we are engaged in and to affirm the work of those around us. Have a blessed Labor Day and a blessed September! -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

Pipkins Shuttle

1:00pm - 2:00pm

Kenwood Towne Centre and

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

Big Screen Movies

C a s a b l a n c a

1942, Rated PG, 102 mins.

S a t u r d a y , S e p t e m b e r 3 r d

In this Oscar-winning classic, American expat Rick Blaine (Humphrey Bogart) plays host to gamblers, thieves, and refugees at his Moroccan nightclub during World War II ... but he never expected Ilsa (Ingrid Bergman) - the woman who broke his heart -- to walk through that door. Ilsa hopes that with Rick's help, she and her fugitive husband (Paul Henreid) can escape to America. But the spark that brought the lovers together still burns brightly.

T h e P r i d e o f t h e Y a n k e e

1942, Not Rated, 128 mins.

S a t u r d a y , S e p t e m b e r 1 0 t h

This is one of the greatest American stories about one of the greatest American heroes: baseball phenomenon Lou Gehrig. The film follows the Iron Horse from childhood to his later glory on the diamond.

I t ' s a W o n d e r f u l L i f e

1946, Not Rated, 132 mins.

S a t u r d a y , S e p t e m b e r 1 7 t h

It's a wonderful film. Frank Capra's inverted take on A Christmas Carol stars Jimmy Stewart as George Bailey, a good man who's spent a lifetime giving up on his dreams in order to keep life in his small town humming. When a guardian angel named Clarence finds a despondent George poised to jump off a bridge, he shows George what life would've been like had he never been born.

S e v e n S a m u r a i

1954, Not Rated, 207 mins.

S a t u r d a y , S e p t e m b e r 2 4 t h

Akira Kurosawa's heroic tale of honor and duty begins with master samurai Kambei posing as a monk to save a kidnapped child. Impressed by his bravery, a group of farmers begs him to defend their village from encroaching bandits.

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Calendar of Events

S u n d a y	M o n d a y	T u e s d a y	W e d n e s d a y	T h u r s d a y	F r i d a y	S a t u r d a y
	<p>KEY TO THE AREAS</p> <p>AA Aquatic Area AS Art Studio BR Billiards Room CC Central Campus CF Cafe CH Chapel CON The Connection</p>	<p>M&E Movement & 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>				
4:00 Ecumenical Worship Service - CH	<p>10:30 Ping Pong - BR 10:30 Specs Fix - AS 1:30 Bible Study - CR 3:15 Coloring Book Club - CR 5:20 BAMSO Outing</p> <p style="color: red; text-align: center;">CONNECTION CLUB Pool Hoopline September 5Whjjhm @j</p>	<p>10:00 Circuit Training - M&E 10:00 Oil Painting - AS 10:00 National 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 American Mahjong - FS 1:30 Social Bridge - CR 2:30 Aqua Level 3 - AA 3:00 Play BINGO! - AS 7:00 - Shaping The Smoky Mountains</p>	<p>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 11:20 Reds vs. 1:30 Mahjong - CR 2:30 Aqua Level 3 - AA</p>			
4:00 Ecumenical Worship Service - CH 7:00 - The Ill Goodness Gand-CrH	<p>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 Fix]bcfig`B]l) . \$ \$ d a ` h c ` + .</p>	<p>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 1:00 Birthdays 1:30 Social Bridge - CR 2:30 Aqua Level 3 - AA 3:00 Play BINGO! - AS 7:00 All Candles</p>	<p>7:00 The Wilds S 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 1:00 Pipkins Shu 1:30 Mahjong - CR 3:00 Bible Study 3:00 Alzheimer's Support</p>			
4:00 Ecumenical Worship Service - CH	<p>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 3:30 The - NBook i</p>	<p>10:00 CC C-Crfe 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 1:00 - M Wratl Shopp Shuttle 1:30 Social Bridge - CR 2:30 Aqua Level 3 - AA 3:00 Play BINGO! - AS 7:00 TomF White</p>	<p>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 11:40 Mystery Lun 1:30 Mahjong - CR 2:30 Aqua Level 3 - AA 7:00 - Shaping The Smoky Mountains</p>			
4:00 Ecumenical Worship Service - CH	<p>9:30 Muscles in Motion - M&E 10:30 Ping Pong - BR 10:30 Specs Fix - AS 11:00 Aqua Level 2 - AA 11:10 Explore Y 1:30 Bible Study - CR 2:30 Aqua Level 3 - AA 3:15 Coloring Book Club - CR</p>	<p>10:00 Circuit Training - M&E 10:00 Oil Painting - AS 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 11:30 Groundbre 1:00 American Mahjong - FS 1:30 Social Bridge - CR 2:00 The Fronti Feet Lecture 2:30 Aqua Level 3 - AA 3:00 Play BINGO! - AS</p>	<p>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 1:00 Montgomery 1:30 Mahjong - CR 2:30 Aqua Level 3 - AA</p>			

September 2016

Thursday	Friday	Saturday
<p style="text-align: right;">1</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&E</p> <p>11:00 Balance Class - M&E</p> <p>4:00 CC Resident M</p> <p style="text-align: center;">POOL CLOSED DUE TO MAINTENANCE</p>	<p style="text-align: right;">2</p> <p>9:00 NC Resident</p> <p>9:30 Muscles in Motion - M&E</p> <p>10:30 SC Resident</p> <p>10:30 Ping Pong - BR</p> <p>1:30 Scrabble - CR</p> <p>2:00 Art f-AS Eve</p> <p style="text-align: center;">POOL CLOSED DUE TO MAINTENANCE</p>	<p style="text-align: right;">3</p> <p>1:00 Hong Kong Mahjong - CR</p> <p>1:00 Big Screen Movie Casablanca</p> <p>7:00 Bingo - AS</p> <p>7:30 Open Bridge - CR</p> <p style="text-align: center;">Ô [] } ^ & c ā [] Á P [] ~ ! • Á ì K € € - Á € K H € Á [] { U] ^ } Á Ö ð { Á Ð Á U] ^ } Á Û , ā</p>
<p style="text-align: right;">8</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&E</p> <p>11:00 Balance Class - M&E</p> <p>11:00 Aqua Level 1 - AA</p> <p>1:00 Duplicate Bridge - CR</p> <p>1:00 Twin Lakes-AS</p> <p>2:30 Aqua 20-20-5 - AA</p> <p>7:00 Ladies Chat</p>	<p style="text-align: right;">9</p> <p>9:30 Muscles in Motion - M&E</p> <p>10:30 Ping Pong - BR</p> <p>11:00 Aqua Level 2 - AA</p> <p>11:10 Mystery Lunch</p> <p>1:30 Scrabble - CR</p> <p>2:00 Art f-AS Every</p> <p>2:30 Aqua Level 3 - AA</p>	<p style="text-align: right;">10</p> <p>10:00 SC Ladies Coffee Chat-Gazebo</p> <p>1:00 Hong Kong Mahjong - CR</p> <p>1:00 Big Screen Movie The Pride of the Y</p> <p>7:00 Bingo - AS</p> <p>7:30 Open Bridge - CR</p> <p style="text-align: center;">Ô [] } ^ & c ā [] Á P [] ~ ! • Á ì K € € - Á € K H € Á [] { U] ^ } Á Ö ð { Á Ð Á U] ^ } Á Û , ā</p>
<p style="text-align: right;">14</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&E</p> <p>11:00 Balance Class - M&E</p> <p>11:00 Aqua Level 1 - AA</p> <p>1:00 Therapy R</p> <p>2:30 Aqua 20-20-5 - AA</p>	<p style="text-align: right;">16</p> <p>9:00 NC Coffee C</p> <p>9:30 Muscles in Motion - M&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;">17</p> <p>1:00 Hong Kong Mahjong - CR</p> <p>1:00 Big Screen Movie It's a Wonderful Life</p> <p>4:00 Lindsay Latimer C Singing Broadway</p> <p>7:00 Bingo - AS</p> <p>7:30 Open Bridge - CR</p> <p style="text-align: center;">Ô [] } ^ & c ā [] Á P [] ~ ! • Á ì K € € - Á € K H € Á [] { U] ^ } Á Ö ð { Á Ð Á U] ^ } Á Û , ā</p>
<p style="text-align: right;">22</p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle</p> <p>9:30 CC Montgomery Kroger Shuttle</p> <p>10:00 Tail of M</p> <p>10:00 Circuit Training - M&E</p> <p>11:00 Balance Class - M&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 style="text-align: right;">23</p> <p>9:00 Walk It Out</p> <p>9:30 Muscles in Motion - M&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;">24</p> <p>10:00 SC Ladies Coffee Chat-Gazebo</p> <p>1:00 Hong Kong Mahjong - CR</p> <p>1:00 Big Screen Movie Seven Samurai</p> <p>7:00 Bingo - AS</p> <p>7:30 Open Bridge - CR</p> <p style="text-align: center;">Ô [] } ^ & c ā [] Á P [] ~ ! • Á ì K € € - Á € K H € Á [] { U] ^ } Á Ö ð { Á Ð Á U] ^ } Á Û , ā</p>
<p style="text-align: right;">29</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&E</p> <p>11:00 Balance Class - M&E</p> <p>11:00 Aqua Level 1 - AA</p> <p>2:30 Aqua 20-20-5 - AA</p> <p>4:00 Supper / Caf</p> <p>7:00 Street G & H V</p>	<p style="text-align: right;">30</p> <p>9:30 Muscles in Motion - M&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>3:00 Movie Matin "Sherlock - Mordm</p>	<p style="text-align: right;">October 1</p> <p>1:00 Hong Kong Mahjong - CR</p> <p>1:00 Big Screen Movie Vertigo</p> <p>7:00 Bingo - AS</p> <p>7:30 Open Bridge - CR</p> <p style="text-align: center;">Ô [] } ^ & c ā [] Á P [] ~ ! • Á ì K € € - Á € K H € Á [] { U] ^ } Á Ö ð { Á Ð Á U] ^ } Á Û , ā</p>

Going Out

B & B Riverboat Lunch Cruise Friday, September 30th

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Break up your day and sail away! Climb aboard for a 2-hour cruise featuring games, entertainment, and a delicious buffet. We will board at 11:00am.

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Transportation Schedule:

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

To sign up, please call the
Leave your name, phone number
number [a U h Y X ' h] a Y ' V U W _ ' h c ' H k

Street Car Ride with Lunch Wednesday, October 5th

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Transportation Schedule:

- ◁ South Campus Mail Kiosk: 10:00am
- ◁ Central Campus Apt. Building: 10:05am
- ◁ Clubhouse at North Campus: 10:15am

To sign up, please call the
Leave your name, phone number
number [a U h Y X ' h] a Y ' V U W _ ' h c ' H k

Cincinnati Symphony Orchestra Friday, October 7th at 11:00am

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The esteemed Neeme Järvi, head of a musical dynasty that includes sons Paavo and Kristjan, conducts the CSO for these performances. Gil Shaham, who one reviewer said, “makes even the most virtuosic music seem so effortless and natural,” performs Mendelssohn’s dazzling Violin Concerto. Combined with two of the best-loved works in the Romantic orchestral oeuvre—the bold and picturesque Peer Gynt Suite and the stirring Symphony No. 7, generally considered to be Dvořák’s finest symphonic work and an expression of his deep Czech nationalism—this program is one to savor.

Transportation Schedule:

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

To sign up, please call the
Leave your name, phone number
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GOING OUT

POPS: Hollywood Action and

Friday, September 16th at 8:00pm

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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 C
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Mystery Lunch (1st Date

Monday, October 10th

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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
Leave your name, phone number
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Explore Your Appetite at BJ's

Wednesday, October 12th

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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
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Woodford Reserve Distillery

Monday, October 17th

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

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

Transportation Schedule:

- ◁ South Campus Mail Kiosk: 8:50am
- ◁ Central Campus Apt. Building: 8:55am
- ◁ Clubhouse at North Campus: 9:00am

To sign up, please call the
Leave your name, phone number
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Going Out

Keeneland Anniversary, October 28th

Experience a five star buffet and an exhilarating horse race all while overlooking the grandstand racetrack in the Lexington Room at Keeneland!

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Gentlemen: Suits or sport coats, dress slacks, dress shirt with collar and tie, dress shoes and dress socks.

Ladies: Clothing of comparable formality to gentlemen, including but not limited to suits, dresses, tailored pantsuits or dress slacks.



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
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Mystery Lunch (2nd Date)

Friday, October 28th

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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
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Broadway Cincinnati Presents

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Tuesday, November 15th at 7:30pm

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Transportation Schedule:

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

To sign up, please call the
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The Connection

September is Fruits and

There's a reason that "eat your vegetables" is a familiar phrase in American culture. Veggies might not be everyone's favorite food, but they're some of the most important ingredients required for a healthy diet. Seniors can't afford to avoid vegetables in their regular diet. The nutrients they provide translate into real health and lifestyle benefits.

Here are a few you should try to keep in regular rotation in your diet.

1. Eggplant

Eggplants contain an antioxidant called nasunin that protects brain cells from damage. They can help keep your mind and memory stronger longer. The amount of nasunin in eggplants with darker skin is especially high, so keep an eye out for the color of those you buy, and keep the skin on when you eat them for best results. Eggplants can also help bring down cholesterol levels and improve blood flow. That makes them good for the heart and the brain – both of which have a pretty important role to play in your day-to-day enjoyment of life.

2. Mushrooms

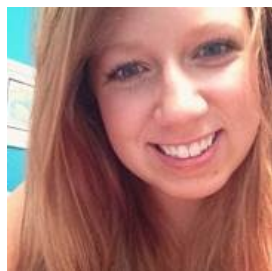
Mushrooms are a powerful ingredient for combating disease. They help strengthen your white blood cells, which are then better warding off sickness. Some people believe they can help reduce tumor growth as well. From cancer to the common cold, mushrooms can be used as a tool to boost your immune system, and give you more sick-free days.

3. Spinach

Remember when you were young and full of energy? You may not be able to count on the kind of full, active days that were once the norm, but you can do something simple to up your energy: eat spinach. Spinach is rich in iron, which makes sure your body tissues get the oxygen they need. It also gives a good dose of vitamin C, which helps your body recover more quickly from the signs of stress, which cause fatigue.

Movie Matinee: Sneatacknholmes
Friday, September 30th at 3:00pm in the Montgomery Room

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**Join our University of Cincinnati
Colleen Sokoloski for a presentation on the
importance of fruits and**

Monday, September 19th at 11:00am in the Montgomery Room.

Construction Updates

“ Save the Date ”

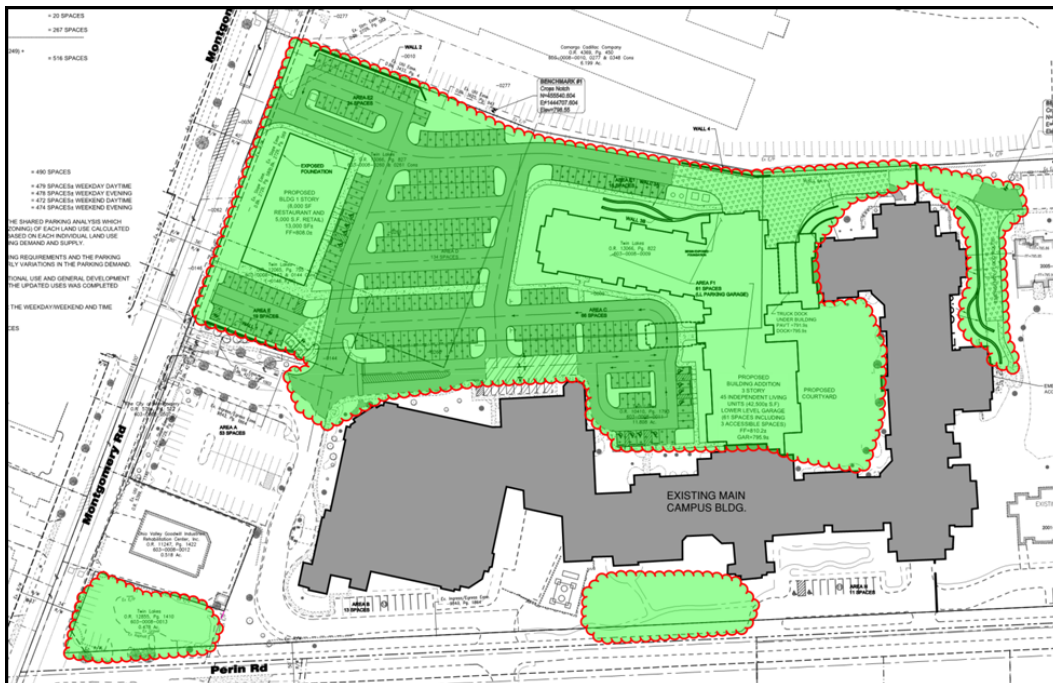


Ground Breaking Ceremony: Tuesday, September 27th at 11:30am Welcome Center. More details to follow. Check your mailboxes.

C e n t r a l C a m p u s I L E R p a n s i o n U p d a t e

The opening Phase-1 of work for the Central Campus IL Expansion Project (Expansion Project) is underway and gaining momentum. We are several weeks into a critical 8 – 10 week phase of the project that involves critical earthwork and underground utility relocation around the existing building. The new building requires utilities such as gas, water, sewer, electric, phone and cables to be relocated out of the footprint of the new building. To do this work we have had to shut down parking areas and build new parking areas for our residents. We appreciate the patience that all of our residents and associates have shown while we progress through this stage. Although a large part of the current work that we are doing is going to be in the ground, where nobody sees it, there are some highly visible retaining wall structures being built during this phase. This includes the largest that will be built along the east side of the building by the Lake. This retaining wall will allow for a new access road to be built for only emergency equipment and life safety squads to utilize. The utilities being relocated and area of impact (noted in light gray) are;

- < Primary Electric Service
- < Sanitary Sewer Lines
- < Sanitary Lift Station
- < Storm System
- < Domestic Water
- < Fire Service Line
- < Phone and Cable
- < Grading of the entire site
- < Retaining Walls
- < Parking



All the work that we are currently doing is in preparation of our October start date of the parking garage and building foundation.

Volunteer Services

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Many residents have heard of the Life Enriching Communities Foundation; however, most don't know exactly what we do. In a nutshell, the LEC Foundation raises money to help support the residents of Twin Towers and Twin Lakes, primarily through the Benevolent and Pastoral Care Funds. This month, we want to tell you about our Benevolent Care Fund.

Benevolent Care supports residents who, due to unforeseen circumstances, have run out of financial resources. In other senior living communities, if residents can no longer make their monthly payments, they need to look for somewhere else to live. Because of the Benevolent Care Fund of the LEC Foundation, this is not true at Twin Lakes or Twin Towers. This is because our past residents had the foresight to set up and contribute to the Benevolent Care Fund. Residents today, and in the future, can remain a part of the Life Enriching Communities family without worry over unforeseen financial issues.

It's easy to become a part of this philanthropic group. You can make a gift to the Benevolent Care Fund by:

D o n a t i n g You can give a little every year or one lump sum.

M a k i n g a g i f t Stocks, bonds, real estate, and other property that have grown in value since you first purchased them make it possible to give a larger donation for less cost - and provide you with tax benefits.

You can also make a future gift, which will cost you nothing today, by including the LEC Foundation in your future charitable plans. Here are some ways to make a future gift that won't affect your financial situation today and may save your loved ones from a significant tax burden:

I n c l u d e t h e F o u n d a t i o n This is an easy and flexible way to extend your support.

I n c l u d e t h e F o u n d a t i o n a s a You can ask your family and friends to make a gift in your honor.

D o n a t e r e t i r e m e n t Make a simple designation on your plan's beneficiary form.

D o n a t e a l i f e i n s u r a n c e p o l i c y o r s i m p l y n a m e

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If you have any questions about making a gift, please contact us today:

D a n M c M a n u s, Executive Director, Life Enriching Communities Foundation

dan.mcmanus@lec.org 513-719-3540

N a n c y S c h w a n d n e r, Donor Relations and Volunteer Services Manager, Twin Lakes

nancy.schwandner@lec.org 513-247-1362

T o m R e u s c h, Donor Relations and Volunteer Services Manager, Twin Towers,

thomas.reusch@lec.org 513- 853-2009