

# TWIN LAKES PRESS

September 2017

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



Twin Lakes Senior Living Community

### Six Dimensions of Wellness

Emotional • Intellectual  
Physical • Social  
Spiritual • Vocational

## AQUA BIKE CIRCUIT

EXPERIENCE AN UNDERWATER WORKOUT LIKE NEVER BEFORE WITH THE NEW, INNOVATIVE STATIONARY AQUATIC BIKES AT THE CONNECTION!

AQUATIC CYCLING IS A GREAT LOW IMPACT WORKOUT, ESPECIALLY FOR THOSE WITH INJURIES OR JOINT PAIN.

THE CONNECTION WILL BE OFFERING A BRAND NEW AQUATIC BIKE CIRCUIT CLASS **EVERY FRIDAY AT 1:30 PM.**

IN THIS NEW CLASS, THE AQUATIC BIKE WILL BE USED AS A PART OF A CIRCUIT OF EXERCISE, DESIGNED FOR FUN, AEROBIC, STRENGTH, AND FLEXIBILITY.

THIS CLASS IS A FUN WAY TO BREAK UP YOUR BORING ROUTINE. JOIN IN ON THE ACTION!



# Bulletins

## Enjoy a complimentary birthday luncheon with Jim Mayer!

If your birthday is in **September**, and you would like to attend the luncheon on **Wednesday, September 20th** in the Main Dining Room at 12:00pm, you *must RSVP* to the Connection at X1333 by **Friday, September 15th**.

## Birthday Cake Party

Wednesday, September 27th at 1:00pm in the Art Studio

Armstrong Chapel United Methodist Church invites you to conquer the giants in your life. Author Louis Giglio shares how the story of David and Goliath helps us to overcome the giants of fear, rejection, comfort, addiction and anger. Join the six-week study, *Goliath Must Fall*, starting on September 13th at 2:00pm in the Chapel. The books may be purchased on Sunday mornings or by contacting Armstrong Chapel United Methodist Church at [wransom@armstrongchapel](mailto:wransom@armstrongchapel) or 513-561-4220. Cost of the books is \$11 and can be paid at the first class. Audio books may be purchased online at [www.cokesbury.com](http://www.cokesbury.com).

## Book Discussion Group

It's not too late to sign up. RSVP to Chaplain Tim at extension X1365. The group meets every other Wednesday from 1:00-2:00pm in The Art Studio starting September 6th. The book is Being Mortal: Medicine and What Matters in the End, By Atul Gawande, M.D. The facilitators are Chaplain Tim Crowley and Dr. Bill Moran.

## Calling all Singers!!

If you enjoy singing and might be interested in possibly forming a Twin Lakes Chorus, please come to the Fireside Room on Sunday evening September 10th at 7:00pm.



## Interested in Flower Arranging?

We are looking for a couple of flower arrangers to meet monthly to help beautify Twin Lakes!  
If you are interested, please call Jackie or Ashley at X1352.

# A Note From Jim

## Your Gift to Others

A few weeks ago, I attended a funeral mass of one our residents. The daughter gave the most inspiring eulogy I have ever heard. I listened very intently to every word which was all about his character. She explained that her father's character was built on three building blocks; communication, commitment, and forgiveness. She gave personal, real-life examples of each element.

As I sat and absorbed her illustrations about her father, I learned that he was not just committed to his family, to his friends, his colleagues, and to every word he spoke. When she illustrated his communication skill, she said he told the family everything even if it wasn't pleasant. He believed that the most important part of communication is active listening. Her comments about her father's forgiveness were the most powerful example of all. She said her father forgave everyone no matter what. His heart was full of forgiveness.

I think about this eulogy every time I have a little quiet time. I imagine how I can emulate this behavior; how I can improve my communication skills; and how to be more committed and more forgiving.

**Strong communication** is being open and honest in one's thoughts and feelings with everyone you meet. Active listening is not just hearing with your ears and mind, but especially with your heart. The difference between listening and hearing is understanding. Another strong attribute to communication is asking questions, which is an engagement technique to help a person understand the true meaning of the message. A good communicator is a person who has an open body language and the ability to have eye to eye contact. I have always said if you really have something important to talk about, remove all barriers such as a table or desk, and then have a knee to knee conversation.

**Commitment** is being all in! Commitment means being able to be counted on by following through with your words into action. Commitments are powerful because they influence how you think, how you sound, and how you act. Unlike a half-hearted hope or 'best shot,' making a commitment means you try harder, you look for solutions when faced with obstacles, you don't consider quitting as an option, and you never look back.

**Forgiveness** is the foundation of unconditional love, so forgiveness is incredibly powerful. To be sincere in our forgiveness of others we should not even remember the incident that is in question. When we forgive others, we should not feel that we are just doing somebody else a favor because by through forgiving others we are helping ourselves to be more understanding. Through forgiveness we learn to appreciate the good qualities of others. Sometimes it is easy to forgive others, but it can be more difficult to forgive ourselves.

This eulogy was very memorable and it continues to spark ideas about promoting a positive character. I believe that modeling others with strong character is a technique to build and develop our own character.

# 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 SUPPORT BENEVOLENT  
CARE AND PASTORAL CARE**

**HAPPY LABOR DAY TO ALL OUR RESIDENTS, ASSOCIATES AND  
CUSTOMERS**

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, wall hangings and the correct greeting card for almost any occasion, both commercial or hand crafted.

Halloween and Thanksgiving decorations will arrive next month. Shop as soon as they arrive as all decorations sell out fast.

**The Sale Cart always presents an ever changing selection of bargains.**

There will be many warm days in September when you can enjoy cooling treats in the form of ices, ice cream bars and cones, 100% cold juices and Coke products. Come in and select some item to cool you off.

Remember our service men and women who put their lives in danger every day and should be thanked frequently for their service. We have the cards all year round which send that message and encourage you to buy one and send it to your service person.

The Campus Shop will be closed on Labor Day, September 4<sup>th</sup> so our volunteers can enjoy the holiday.

The Lost and Found container is in the Campus Shop. If you have lost something, check out the container. If you have found something, bring it to the Lost and Found container. Items not claimed will be donated to Matthew 25: Ministries.

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

# 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 September are:*

September 6th	Fr. Albert Bischoff, S. J.
September 13th	Fr. Pat Crone
September 20th	Fr. Albert Bischoff, S. J.
September 27th	Fr. Pat Crone

*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.

September 3rd	Chaplain Jerry Mueller Special Music: Lester Sporing
September 10th	Chaplain Jerry Mueller Soloist Sara Smith
September 17th	Guest Rev. Tom Sweets
September 24th	Chaplain Jerry Mueller Soloist Bill Klykylo

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

# Chaplain's Corner

## CHAPLAIN JERRY'S "FOOD FOR THOUGHT"

It is said that a picture is worth a thousand words. How true when you try to describe what a person looks like to someone who has never seen that person before. A photograph is always the best and easiest way.

I recently wanted to create a brochure to inform new residents about the worship services which are held each week in the chapel and also about the chaplain's ministry at Twin Lakes. I wanted a photograph of the chapel, so I asked Art Burrill if he would take one for me. He willingly obliged, and the result was a beautiful picture which I used for the brochure as well as the bulletin cover for the Sunday Ecumenical Worship Service. You can now also find this picture on a post card in the Campus Gift Shop to send to a friend.

Thanks to Art and all the other wonderful residents who willingly use their talents to enrich the lives of others at Twin Lakes. *Chaplain Jerry*

# Environmental Services

## Extra cleaning service just the way you want it!

We are offering extra cleaning services

- 1 hour and 30 minute time slots
- \$60 per session
- Call for details and to schedule your additional cleaning

Please call Environmental Services at 247-1378 for any questions.



# Transportation

If you have any questions regarding transportation Services, please call Steve at extension 1355.

## 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 September: 7th, 14th, 21st, 28th***

## Trader Joes

***Wednesday, September 20th at 1:00pm***

## Kenwood Towne Centre and Kenwood Theater

***Wednesday, September 27th at 10:30am***  
Return Trips: 12:00pm, 1:00pm, 2:00pm, and 3:00pm

# Calendar of Events

Sunday	Monday	Tuesday	Wednesday
	<p><b>KEY TO THE AREAS</b></p> <p>AA Aquatic Area            AS Art Studio            BR Billiards Room            CC Central Campus            CF Cafe            CH Chapel            CON The Connection</p>	<p>CL Clubhouse at NC            CR Card Room            CS Campus Shop            DS Daystar Room            LIB Twin Lakes Library            LIL Living Is Learning            FS Fireside Lounge</p>	<p>M&amp;E Movement &amp; Education            MCK McKinley Place            MDR Main Dining Room            Mont Montgomery Room            NC North Campus            PS Pottery Studio            SC South Campus            RT Rotunda            WCC Welcome Center Conf.</p>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p>4:00 Ecumenical Worship Service - CH</p>	<p><b>Sign Ups Close</b></p> <p>10:30 Ping Pong - BR            10:30 Specs Fix - AS  <b>2:00 Corn Hole - Outside MDR</b>            3:15 Coloring Book Club - CR  <b>5:20 BAMSO Outing</b></p> <p style="text-align: center;"><b>CONNECTION CLOSED NO TRANSPORTATION</b></p>	<p>10:00 Circuit Training - M&amp;E            11:00 Balance Class - M&amp;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</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>11:10 Reds vs Brewers</b>            11:15 Hand &amp; Foot - CR  <b>1:00 Book Discussions - AS</b>            2:30 Aqua Level 3 - AA  <b>7:00 Hearing Presentation - CH</b></p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>4:00 Ecumenical Worship Service - CH <b>7:00 TL Chorus Meet - CH</b></p>	<p>9:30 Muscles in Motion - M&amp;E            10:30 Specs Fix - AS  <b>10:30 Chair Yoga - M&amp;E</b>            11:00 Aqua Level 2 - AA            1:30 Bible Study - CR  <b>2:00 Corn Hole - Outside MDR</b>            2:30 Aqua Level 3 - AA            3:15 Coloring Book Club - CR            4:00 Dick Watson- FS  <i>Rudino's Night 5:00pm to 7:30pm</i></p>	<p>10:00 Circuit Training - M&amp;E            11:00 Balance Class - M&amp;E            11:00 Aqua Level 1 - AA  <b>11:10 Mystery Lunch</b>            1:00 American Mahjong - FS            1:30 Social Bridge - CR            2:30 Aqua Level 3 - AA            3:00 Play BINGO! - AS</p>	<p>9:30 Muscles in Motion - M&amp;E            10:00 Coffee and Art - PS            10:30 Catholic Mass - CH            11:00 Aqua Level 2 - AA            11:15 Hand &amp; Foot - CR            2:00 Armstrong Bible Study - CH            Aqua Level 3 - AA  <b>3:00 Alzheimer's Support - DS</b>  <b>7:00 New Horizon's Band - Outside MDR</b></p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>4:00 Ecumenical Worship Service - CH</p>	<p><b>9:00 Cincy Zoo Tour</b></p> <p>9:30 Muscles in Motion - M&amp;E            10:30 Ping Pong - BR            10:30 Specs Fix - AS  <b>10:30 Chair Yoga - M&amp;E</b>            11:00 Aqua Level 2 - AA            1:30 Bible Study - CR  <b>2:00 Corn Hole - Outside MDR</b>            2:30 Aqua Level 3 - AA            3:15 Coloring Book Club - CR            3:30 "Bookies" - CL</p>	<p><b>10:00 CC Coffee Chat - CR</b></p> <p>10:00 Circuit Training - M&amp;E            11:00 Balance Class - M&amp;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  <b>7:00 History of Islam Presentation - CH</b></p>	<p>9:30 Muscles in Motion - M&amp;E            10:00 Coffee and Art - PS            10:30 Catholic Mass - CH            10:30 Pool/Billiards Club - BR            11:00 Aqua Level 2 - AA            11:15 Hand &amp; Foot - CR  <b>1:00 Trader Joes Shuttle</b>  <b>1:00 Book Discussions- AS</b>            2:00 Armstrong Bible Study-CH            Aqua Level 3 - AA  <b>7:00 Tom White - FS</b></p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>4:00 Ecumenical Worship Service - CH</p>	<p>9:30 Muscles in Motion - M&amp;E            10:30 Ping Pong - BR            10:30 Specs Fix - AS  <b>10:30 Chair Yoga - M&amp;E</b>            1:30 Bible Study - CR  <b>2:00 Corn Hole - Outside MDR</b>  <b>3:00 Movie Matinee Featuring "Brooklyn" - M&amp;E</b>            3:15 Coloring Book Club - CR  <b>7:00 Delta Kings - CH</b>  <i>City Barbeque Night 10:30am to 10:00pm</i></p>	<p>10:00 Circuit Training - M&amp;E            11:00 Balance Class - M&amp;E            11:00 Aqua Level 1 - AA  <b>11:10 Explore Your Appetite</b>            1:00 American Mahjong - FS            1:30 Social Bridge - CR            2:30 Aqua Level 3 - AA            3:00 Play BINGO! - AS  <b>7:15 Ladies Chat - AS</b></p>	<p>9:30 Muscles in Motion - M&amp;E            10:00 Coffee and Art - PS  <b>10:30 Kenwood Towne Center Shuttle</b>            10:30 Catholic Mass - CH            10:30 Pool/Billiards Club - BR            11:00 Aqua Level 2 - AA            11:15 Hand &amp; Foot - CR  <b>1:00 Birthday Cake Party - AS</b>            2:00 Armstrong Bible Study - CH            Aqua Level 3 - AA  <b>7:00 The Great War - CH</b></p>
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# September 2017

Thursday	Friday	Saturday
	<b>Sign Ups Open</b> <span style="float: right;">1</span> <b>9:00 NC Resident Meeting - CL</b> 9:30 Muscles in Motion - M&E <b>10:30 SC Resident Meeting -Mont</b> 11:00 Aqua Level 2 - AA 1:30 Scrabble - CR <b>1:30 Aqua Bike Circuit - AA</b> <b>2:00 Art for Everyone - AS</b> 2:30 Aqua Level 3 - AA	<span style="float: right;">2</span> <b>10:30 Joyful Joints - AA</b> <b>1:00 Movies with Adam - M&amp;E</b> <u>Noah</u> <b>7:00 Bingo - AS</b> 7:15 Open Bridge - CR <i>Connection Hours</i> <i>8:00 am- 12:30 pm</i>
7	8	9
9:00 MCK, NC and SC Villas Kroger Shuttle 9:30 CC Montgomery Kroger Shuttle 10:00 Circuit Training - M&E 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 2:30 Aqua 20-20-5 - AA <b>4:00 CC Resident Meeting - CH</b> <b>5:00 Abe Lincoln - MDR</b>	9:30 Muscles in Motion - M&E 11:00 Aqua Level 2 - AA <b>11:00 Therapy Program - MONT</b> 1:30 Scrabble - CR <b>1:30 Aqua Bike Circuit - AA</b> <b>2:00 Art for Everyone - AS</b> 2:30 Aqua Level 3 - AA <b>7:00 Cincinnati Union Terminal Virtual Tour - CH</b>	10:00 SC Ladies Coffee Chat-SC Gazebo <b>10:30 Joyful Joints - AA</b> <b>1:00 Movies with Adam - M&amp;E</b> <u>Concussion</u> <b>7:00 Bingo - AS</b> 7:15 Open Bridge - CR  <i>Connection Hours</i> <i>8:00 am- 12:30 pm</i>
14	15	16
9:00 MCK, NC and SC Villas Kroger Shuttle 9:30 CC Montgomery Kroger Shuttle <b>10:00 NIFI - Mont</b> 10:00 Circuit Training - M&E 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 Duplicate Bridge - CR <b>2:00 The Cone</b> 2:30 Aqua 20-20-5 - AA <b>7:00 Mark Cormican - FS</b>	<b>9:00 NC Coffee Chat - CL</b> 9:30 Muscles in Motion - M&E 11:00 Aqua Level 2 - AA 1:30 Scrabble - CR <b>1:30 Aqua Bike Circuit - AA</b> <b>2:00 Art for Everyone - AS</b> 2:30 Aqua Level 3 - AA	<b>10:30 Joyful Joints - AA</b> <b>1:00 Big Screen Movie - M&amp;E</b> <u>Back to the Future</u> <b>7:00 Bingo - AS</b> 7:15 Open Bridge - CR  <i>Connection Hours</i> <i>8:00 am- 12:30 pm</i>
21	22	23
9:00 MCK, NC and SC Villas Kroger Shuttle 9:30 CC Montgomery Kroger Shuttle 10:00 Circuit Training - M&E 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 2:30 Aqua 20-20-5 - AA <b>7:00 Growing up under the Swastika - CH - CH</b>	<b>9:00 Walk it Out - CON</b> 9:30 Muscles in Motion - M&E 11:00 Aqua Level 2 - AA 1:30 Scrabble - CR <b>1:30 Aqua Bike Circuit - AA</b> 2:30 Aqua Level 3 - AA	10:00 SC Ladies Coffee Chat-SC Gazebo <b>10:30 Joyful Joints - AA</b> <b>1:00 Big Screen Movie - M&amp;E</b> <u>Catch me if you Can</u> <b>7:00 Bingo - AS</b> 7:15 Open Bridge - CR  <i>Connection Hours</i> <i>8:00 am- 12:30 pm</i>
28	29	30
9:00 MCK, NC and SC Villas Kroger Shuttle 9:30 CC Montgomery Kroger Shuttle 10:00 Circuit Training - M&E 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 Duplicate Bridge - CR 2:30 Aqua 20-20-5 - AA <b>5:50 J.D. Vance Outing</b> <b>7:00 HBO Band - CH</b>	9:30 Muscles in Motion - M&E 11:00 Aqua Level 2 - AA 1:30 Scrabble - CR <b>1:30 Aqua Bike Circuit - AA</b> 2:30 Aqua Level 3 - AA	<b>10:30 Joyful Joints - AA</b> <b>1:00 Big Screen Movie - M&amp;E</b> <u>Florence Foster Jenkins</u> <b>7:00 Bingo - AS</b> 7:15 Open Bridge - CR  <i>Connection Hours</i> <i>8:00 am- 12:30 pm</i>
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# Going Out

## SIGN-UPS REMINDER

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

### **Walk It Out to Devou Park**

Friday, September 22nd

Meet in the Connection at 9:00am.

*Cost: \$14, includes transportation and boxed lunch. One type of lunch for everyone.*

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 1:30pm.*

### **J.D. Vance author of Hillbilly Elegy: A memoir of a Family and Culture in Crisis**

Thursday, September 28th at 7:00pm at the Cincinnati Main Library

*Cost: \$7 transportation*

Transportation Schedule:

- South Campus Mail Kiosk: 5:40pm
- Central Campus Apt. Building: 5:45pm
- Clubhouse at North Campus: 5:50pm

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.*

### **B&B Riverboat Lunch Cruise at 12:00pm** **Thursday, October 5th**

*Cost: \$40, includes transportation, cruise, and lunch.*

*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.*

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

### **Mystery Lunch**

Tuesday, October 17th

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

Transportation Schedule:

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

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

# Going Out

## POPS: Star Wars

Friday, October 13th 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.*

## Live at the Uni Concert Series

Monday, October 2nd, October 16th, and October 30th

Universalist Church at 7:00pm

**\*Please indicate whether you are signing up for the entire series or just a certain concert.\***

Transportation Schedule:

- South Campus Mail Kiosk: 6:10pm
- Central Campus Apt. Building: 6:15pm
- Clubhouse at North Campus: 6:20pm

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 8:30pm.*

## Twin Lakes Partners with Provident Travel to Present Ohio River Highlights Trip

Thursday, October 26th

For more details call Ashley or Jackie at X1352.

Transportation Schedule:

- South Campus Mail Kiosk: 8:30am
- Central Campus Apt. Building: 8:35am
- Clubhouse at North Campus: 8:40am

To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 5:30pm.*

## Cincinnati Ballet Dress Rehearsal Presents

### “Romeo & Juliet” with lunch to follow.

Friday, October 27th at 10:30am

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

*Amidst warring families, arranged marriages, and untimely deaths, passion ignites in the opulent world of Renaissance Italy. Romeo & Juliet has captivated audiences for more than 420 years, and this season, we bring the beloved tale to life with a spectacularly brilliant fusion of dance and drama.*

Transportation Schedule:

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

To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 3:30pm.*

# Going Out

## Explore Your Appetite to Mio's Pizzeria in Anderson Tuesday, October 24th

*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.*

## Save the Date to share a special evening with your Twin Lakes friends for our annual Holiday Dinner!

*Monday, December 18th*



# Staying In

## Cincinnati Union Terminal *On the tracks & behind the scenes*

Driver, Nick Rechtin, will reveal the answers to the questions below at his 13<sup>th</sup> exclusive TL virtual tour on Friday, September 8th in Twin Lakes Chapel.  
**DEPARTING at 7:00pm. ALL Aboard!**

Name the only/current passenger railroad now using Cincinnati's Union Terminal.  
Okay, now name the seven railroads which used and collaborated in building that terminal.  
Bonus question: What railroads operated the "named" trains below? (Hint given with initials in parentheses) And a much harder question: where did they go? (BTW, There were **over 30** "named" trains that terminated at CUT) Additional hint: two cities are named twice.

1. **The Pan American** ( The L&... ) [A major port city on the Gulf Coast]
2. **The Powhatan Arrow** ( The N&... ) [A major east coast port found in this RR's name]
3. **The Queen and the Crescent** ( The Cin...S... ) [The Crescent City, of course]
4. **The Cincinnati Limited** ( The P...a ) [A famous northern "lake coast" city]
5. **The James Whitcomb Riley** ( The N...\_\_...C... ) [For destination think: "my kind of town"]
6. **The Cincinnati** ( The B&... ) [The location of Camden's historic (RR freight) Yards]
7. **The George Washington** ( The C&... ) [Both named - obviously - for the first president]

# Staying In

## Hearing Presentation

Do you have any questions about your hearing? Bower Hearing Center will be providing an informative presentation on hearing. **Wednesday, September 6th at 7:00pm in the Chapel.**

## Abe Lincoln

Join Abe Lincoln and Mary Todd in the Main Dining Room as they share fun stories on **Thursday, September 7th at 5:00pm.**

## Twin Lakes Chorus Group Meet

Sunday, September 10th at 7:00pm in the Fireside Room  
If you have any questions please call Louise Lake.

## Dick Watson

Join us for a variety of music of the 50's & 60's, Gospel or Country. **Monday, September 11th at 4:00pm in the Fireside Room**

## New Horizons Dixieland Band

The ensemble, a small group of members of the New Horizons Band of Cincinnati, includes both men and women musicians. Offering jazz and blues in addition to Dixieland tunes, the band boasts four graduates of music conservatories. The other musicians are amateurs who have learned to love playing this special kind of music.

Their music is upbeat, peppy, and fun! Don't miss out on this wonderful band!

**Wednesday, September 13th at 7:00pm outside the Main Dining Room**

## Next National Issues Forum

**Thursday, September 14th, 2017 at 10:00am in the Montgomery Room  
FREE! Call X1321 to reserve your seat and a background study guide.**

### Land of Plenty:

#### How Should We Ensure that People Have the Food they Need?

While we have one of the most productive and efficient food systems in the world, **millions of people in the US still fall between the cracks.** We will explore how to create a food system that works for all of us. What should we do to ensure that people from all walks of life have the food they need?

#### Option 1: Improve Access to Nutritious Food

Despite our nation's abundance, some people still don't have enough to eat. We must strengthen our school nutrition programs and food assistance for low-income families, as well as improve access to fresh food in low-income communities.

#### Option 2: Pay More Attention to the Multiple Benefits of Food

Rather than allowing food advertisements to determine our choices, we need to pay closer attention to what we value about our food, traditions, and well-being.

#### Option 3: Be Good Stewards of the Food System

We must do more to safeguard the quality and availability of food for generations to come. It also includes preserving our natural resources, choosing sustainable methods of production, and strengthening the food-system workforce.

# Staying In

## Music with Mark Cormican

Thursday, September 14th at 7:00pm in the Fireside Room

## History of Islam

Presentation by Resident Bill Schmidter

Tuesday, September 19th at 7:00pm in the Chapel

## Performance by pianist Tom White

Wednesday, September 20th at 7:00pm in the Fireside Room

## Sonja Stratman presents "Growing Up Under the Swastika"

Thursday, September 21st at 7:00pm in the Chapel

## Delta Kings Chorus

**Monday, September 25th at 7:00pm in the Chapel**

The Delta Kings Chorus is the main performing unit of the Cincinnati Chapter of the Barbershop Harmony Society, formerly known as SPEBSQSA. As seen in our logo, the chapter embraces Cincinnati's riverboat heritage. The Cincinnati Chapter was chartered in 1944, just six years after the Society for the Preservation and Encouragement of Barber Shop Quartet Singing in America was begun, making it one of the oldest active chapters in the nation! We are an organization of men of all ages with the common bond of a love of singing in the unique Barbershop style - four-part unaccompanied harmony.

## Birthday Cake Party

Come and enjoy cake and punch with friends!

Wednesday, September 27th at 1:00pm in the Art Studio

## Ladies Chat

Join Norma and Tracy for chatting with old and new friends! All ladies are welcome!

Tuesday, September 26th at 7:15pm in the Art Studio

## The Great War: Ohio Journeys to WWI

**Wednesday, September 27th at 7:00pm in the Chapel**

Celebrating the 100th anniversary of the United States entrance into WWI, this program brings historic photos of the war and documents together to make history of this event come to life through the experiences of local people.

## Howard Bloemker Orchestra (HBO Band)

**Thursday, September 28th at 7:00pm in the Chapel**

*Music will include big band, swing, Latin, Dixieland, Broadway/show tunes, the Great American Songbook, some jazz, pop and country.*

# Save The Date

**Oktoberfest**  
**Wednesday, October 4th**



**Watch your mailbox for  
upcoming flyers on these  
new and exciting events!**

**Halloweenfest**  
**Saturday, October 14th**



# LEC Foundation

*Save the Date*

*A Musical  
Feast*

**Friday, October 13, 2017**

The Gulden Community Center at  
Twin Towers Senior Living Community  
Cincinnati, Ohio

*Invitations to follow. For more information call  
Katie at x1357 or visit [lec.org/lec-foundation](http://lec.org/lec-foundation)*



# Big Screen Movies

## Noah

2014, Rated PG-13, 137 minutes

**Saturday, September 2nd**

This ambitious adaptation of the story of Noah depicts the visions that led him to voice dire prophecies of apocalypse and to build an ark to survive. As he labors to save his family, Noah asks for help from a band of angels called the Watchers.

## Concussion

2015, Rated PG-13, 123 minutes

**Saturday, September 9th**

When Dr. Bennet Omalu's autopsy studies lead him to conclude that multiple concussions could be the underlying cause of the brain disorders suffered by many U.S. football players, he encounters harsh resistance from the NFL establishment.

## Back to the Future

1985, Rated PG, 116 minutes

**Saturday, September 16th**

In this sci-fi comedy classic, an eccentric inventor turns a DeLorean into a time machine that inadvertently sends young Marty McFly back 30 years. In 1955, Marty disrupts his parents' destiny and risks throwing the time-space continuum out of whack.

## Catch Me If You Can

2002, Rated PG-13, 141 minutes

**Saturday, September 23rd**

Frank W. Abagnale Jr. is a cunning con man; he's also a deft forger, and his work attracts the attention of an FBI agent who makes it his mission to put Frank behind bars. But Frank not only eludes capture, he revels in the pursuit.

## Florence Foster Jenkins

2016, Rated PG-13, 110 minutes

**Saturday, September 30th**

Despite her horrid singing voice, New York City heiress Florence Foster Jenkins is certain she can become an opera star. Her partner and manager, St Clair Bayfield, does all he can to shield Florence from the truth, but his task may prove impossible.

**All movies will be shown at 1:00pm in the M&E Room.**

## **Movie Matinee Featuring "Brooklyn"**

Monday, September 25th at 3:00pm in the M&E Room

*After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations -- and two men.*

*Snacks and drinks will be provided.*