

THE CAMPUS INFORMER

Reds Opening Day Celebration

Monday, April 4th

3:30 PM – Parkview Room



While we may not be able to take you out to the ballgame, or take you out to the crowd, we can buy you some peanuts and cracker jacks, and have a really great time!!! All are invited to join us in the Parkview Room on April 4th where we will root, root, root for the home team, our beloved Cincinnati Reds, as we celebrate the Cincinnati tradition that is Opening Day.

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Monday, 1:00pm- Hader Room



Have you heard the stereotypes about older adults and retirement community life? Is that your reality? Would you like to help us break some of those stale ideas here in the Cincinnati area? Please join us, each Monday in the Hader Room learning dance moves for our upcoming event on Fountain Square.

Core Values
Respect ~ Innovation
Spirituality ~ Excellence



Twin Towers Senior Living Community

lec www.lec.org



K Y b Y Y X m c i f \ Y d ° M c i Ñ f Y L A C E N R I C H I N G C O M M U N I T Y The Choice in Wellness Lifestyle.

SPIRITUALITY

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With the opening of the newly renovated Wilson Chapel and the Easter season, here are some ideas on new beginnings:

- † Start by doing what is necessary, then do what is possible; and suddenly you are doing the impossible. ~ St Francis of Assisi
- † The secret to living the life of your dreams is to start living the life of your dreams today, in every little way you possibly can.~ Mike Dooley
- † Begin today. Declare out loud to the universe that you are willing to let go of the struggle and eager to learn through joy.~ Sarah Ban Breathnach
- † You can learn new things at any time in your life if you are willing to be a beginner. If you actually learn to like being a beginner the whole world opens up to you. Barbara Sher
- † This is the day that the Lord has made. We will rejoice and be glad in it.~ Psalm 118:24
- † For I know the plans I have for you, declares the Lord, plans to prosper you and not harm you, plans to give you hope and a future.~ Jeremiah 29:11
- † Behold I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.~ Isaiah 43:19

CHRISTIAN FELLOWSHIP

Wednesday, April 6

6:20pm Singspiration

6:30pm Program: Twin Towers CPE (Clinical Pastoral Education) The Gulden Community Center



Panel discussion with our current students. Introduction by Chaplain Jo Boone and Chaplain David Swartz. Moderator: Rev. BethAnne Cregg, former CPE student and current pastor at North Bend United Methodist Church. Join us and learn about the program and faith journey of these students who assist us in so many ways during their internship coursework here at Twin Towers.

MACULAR DEGENERATION/LOW VISION

Regular Meeting on Tuesday, April 26th.

Save The Date!!

Rescheduled evening presentation on

Thursday, May 6, 2016 at 6:30PM The Gulden Community Center.

Dr. Michael R. Peterson, Cincinnati Eye Institute and University of Cincinnati College of Medicine will present, "A g - R e l a t e d M a c u l a r D e g e

Friday April 1,8,15,22,29

Fireside Friday Edition Viewing

11:00am- Parkview Room

Join us Friday mornings in the Parkview Room as we gather around the fireplace to be entertained by Twin Towers very own variety talk show. Stop by and enjoy great company, warm coffee, and delicious donut holes!!!

LeadingAge Art and Writing Submissions!

The Annual Art and Writing program of LeadingAge Ohio is in the works for 2016! The exhibition for our region will be held soon, so now is the time to decide which of your creative endeavors you would like to share with the community.

First, Second and Third regional winners will be exhibited at the State Art and Writing Show during the LeadingAge Ohio Annual Conference and Resident Forum Day at the Hyatt Regency Hotel, September 8-9, 2016. Artists and Writers, both new and experienced, are invited to enter!

The deadline to enter the 2016 LeadingAge Art and Writing Show is Tuesday, April 14th.

Entry forms are available in the Art Studio and The Connection.
Contact Tina Spicer for questions x2086.

Remaining 2016 Variety Sale Dates

- » May 20th
- » June 24th
- » July 22nd
- » August 19th
- » September 30th
- » November 5th (Holiday Sale)

Please Note

*Resident Council meeting is
Friday, April 15th at 3:00pm*

Find It. Treat It. Survive It.

15 minutes can save your life!

Mercy Health Mobile Mammography Unit

April 14, 2016

8:30am - 11:30am - Greeno Entrance

Don't let the cost stop you. Financial assistance is available for those who qualify.

**Call 513-686-3300
today to schedule
your appointment!**



Cheaper by the Dozen

Friday, April 1 - 6:30pm - The Gulden Community Center

The Bakers, a family of 14, move from small town Illinois to the big city after Tom Baker gets his dream job to coach his alma mater's football. It's not all true when she has her book published. While she has a hard time keeping the house in order while at the same time coaching his football team, as the once happy family starts falling apart.

2003

Run Time: 1 hour 30min

Rated: PG

Comedy/Family Stars: Steve Martin, Bonnie Hunt, Hilary Duff

The Peanuts Movie

Friday, April 8 - 6:30pm - The Gulden Community Center

Snoopy embarks upon his greatest mission as he and his team take to the skies to pursue their archnemesis, while his best pal Charlie Brown begins his own epic quest back home to win the love of his life.

2015

Run Time: 2 hour 20 min

Rated: G

Animation/Adventure/Comedy

Stars: Noah Schnapp, Bill Melendez



Please contact Tina Spicer x2086 with any movie suggestions!



LIBRARY NEWS

Have you checked these books by your favorite authors?

- "Lost in Space" by James Patterson
- "The Lady Dressed in Gold" by Lillian Hellman
- "Me and My Man" by Debbie Miller
- "The Man Who Came Back" by Robert Bly
- "Mystery of the Missing Call" by...
- "Above the Law" by John G. Williamson



April Fools!

The above books are a figment of someone's imagination. When April showers arrive, be sure to visit the Library and enjoy the above authors for their real published books!

EVENTS & PROGRAMS

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Saturday, April 2, 9, 23

All Campus Bingo

1:30pm- The Gulden Community Center-C Side



Everyone loves a good game of Bingo where assorted grand prizes are up for grabs! All residents are encouraged to attend.

Wednesday, April 6, 27

Chair Volleyball

1:00pm- The Gulden Community Center-C side

Ready for fun?! Chair volleyball is a physical activity that provides a fun way to be active. Regular participation in this activity can increase flexibility and stamina. Participate in a game or join us on the sideline! Sign up with Tina at x2086.

Monday, April 11

"No Promises" Acapella Entertainment

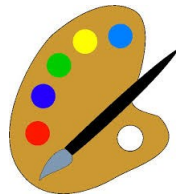
5:30pm- The Gulden Community Center

Ohio's newest vocal sensation is an eightman acapella ensemble specializing in jazz, Motown, and classic vocal pop. Comprised of professional musicians, Broadway veterans, and music educators, the vocalists of No Promises offer sophisticated arrangements of beloved music for every generation.

Tuesday, April 12, 26

Watercolor Painting

1:30pm- The Art Studio



Learn the basic techniques of making a watercolor painting. Explore how art is made step by step. Learn about the variety of ways you can put watercolor paint to paper to achieve the effects you want. For registration please contact: Tina Spicer x2086. There is a one time \$25.00 annual instruction fee followed by \$5.00 charge per class.

Tuesday, April 12

Medicare Questions Answered

1:00pm- The Gulden Community Center

Join Steven Winter & Associates Insurance Agency for a presentation to better educate oneself about Medicare and Medicaid. There are many options such as Humana, Anthem, Aetna, United Health Care and AARP just to name a few and many have zero premiums. Sometimes cheaper is better. Steve will hold a 30min presentation followed up with private one on ones from 1:30 pm to 3:30 pm. Sign up with Tina Spicer at x2086 to schedule a private appointment with Steve. Beginning April 12th Steve will be at Twin Towers the 2nd Tuesday of each Month from 1:30 to 3:30pm to accommodate your questions and concerns.

Wednesday, April 13

Mike Connelly, Did You Know?

3:00pm- Parkview Clubroom



Join Mike Connelly for his program on current events, coupled with a blend of historical and little known facts.

Friday, April 15



CCM Piano Recital

6:30pm- The Gulden Community Center

5 pianists studying at College Conservatory of Music, from different countries such as China, Japan, Korea, Macao, and USA, are performing in one recital. The exciting program consisting of classical piano music by J.S. Bach, Bowen, Granados, Liszt, Schubert, and Rachmaninoff!

Monday, April 18

Cincinnati Library Presentation: The Seven Wonders of the Modern World

2:00pm- The Gulden Community Center

Join us for a presentation with Annalea the Librarian. This list celebrates monumental engineering and construction feats of the 20th century. It was chosen by the American Society of Civil Engineers. Learn about these amazing works in our next discussion!

Monday, April 18

International Folk Dancers



7:00pm- The Gulden Community Center

This dance group takes you on a journey around the world through movement, music, and costume. Part entertainment and part education you will not want to miss this fun group.

Tuesday, April 19

Special Presentation: Robert E. Lee

1:30pm- Parkview Clubroom

Join historian, Diane Shields for an interesting look at Robert E. Lee, the great Southern General during the Civil War. His love for the United States was sorely tested when he had to choose which side to fight for, but he knew he could never raise a weapon against a fellow Virginian. He is a complicated, intelligent, and passionate warrior! We will explore his background, childhood, famous father, marriage, home (which is now Arlington National Cemetery) and military career. Whether you are a supporter of the North or the South, General Lee is beloved by all!

Friday, April 22, 29

Twin Towers Toastmaster Meetings

1:30pm- Parkview Clubroom

Toastmasters International is the world's largest selfhelp organization dedicated to communication and leadership training. Since 1924, Toastmasters has helped millions of men and women develop confidence and competence as communicators in a mutually supportive and relaxed environment.

Join us for demonstration/discussion meetings about this new opportunity where we can share our own experiences and ideas that live in the hearts and minds of us at Twin Towers. Stay sharp, share stories, and expand your horizons with Toastmasters. We have so much to share and learn from each other.



EVENTS & PROGRAMS

Friday, April 22

Make the Community Scarecrow

10:30am- South Ridge Patio Homes Garden

By working together we can create a new spring time garden planting season tradition that is proudly displayed. Please contact Tina Spicer at x2086 if you have clothing donation for our Scarecrow.

Sunday, April 24

DiMario Scholar Participants Recital

12:30pm- The Gulden Community Center

Thirty pre-college music students from CCM Preparatory will present a showcase recital. Residents are invited to attend all or some of the concert and to congratulate the students at a short reception immediately following the event.

Tuesday, April 26

Coke Otto Connection



7:00pm- The Gulden Community Center

Coke Otto Connection plays Bluegrass Music, Gospel and Ole Time Rock & Roll. The evening will be filled with humor, music and prayer.

Wednesday, April 27

Artists-in-Residence: Phantom of the Opera

6:30pm- The Gulden Community Center

We cordially invite you and your family to enjoy an evening of beautiful music performed by Alyssa Griffith and Annie Barr.

Friday, April 29

Queen City Concert Band: Spring Concert

7:00pm- The Gulden Community Center

The Memorial Hall Show is coming to us here at Twin Towers! 60 band members, along with Associate Conductors Terry Medert and Steve Joos, bring you "Spring



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Events and Programs Reservation Line: x2389

- ◁ Please leave a message with your reservation if you get the voicemail. Reservations will be accepted in the order in which they were received.
- ◁ Please call Tina Spicer at x2086 for additional information.
- ◁ A transportation fee of \$5.00 applies for all outings. Limited seating available. **A cancellation fee will apply.**

Twin Towers has recently partnered with the College Hill Coffee Company. We will be offering a monthly outing for IL residents to the College Hill Coffee Co. the first Tuesday of every month from 3:30-5:30pm. A continuous shuttle will run so that residents can go at any time and come back at any time during those hours. Also, 10% of the sales completed during that time will come back to the Twin Towers Benevolent fund. The first trip will be **Tuesday, April 5th** and residents can sign up at the Towers Desk. Be sure to grab a drink or snack or shop in their unique gift shop the **1st Tuesday of every month from 3:30-5:30pm!**



Thursday, April 7

The Silver Diva with lunch at The Schoolhouse Restaurant

9:40am- Pick Ups Begin **Cost:** The Silver Diva - \$10. Menu price ranges \$6 and up

Have fun with friends while designing and creating jewelry around the stamping tables. The Silver Diva is an open hand stamping jewelry and personalized accessories studio in Cincinnati, where you can create, design, hand stamp and personalize your own jewelry or shop a collection of handcrafted jewelry created by their artists. Bend wire, hand stamp metal, string beads and charms, and easily transform your ideas with the help of their expert artists. Then we are off to enjoy lunch at The Schoolhouse Restaurant. Built during the Civil War, the school was one of the first schools in the Midwest with a second story. The place still boasts a homey appeal, from the goats and geese roaming around out back to the family style dining.



Thursday, April 21

Lunch outing to the Sky Galley Restaurant at The Lunken Airport

10:30am- Pick Ups Begin **Cost:** Menu price ranges \$8 and up.



Sky Galley Restaurant has been in nearly continuous operation for decades, and is so named because the first meals served on a commercial airliner (American Airlines) were prepared here. Sky Galley is housed in the original, Art Deco terminal building and has large windows and a patio dining area facing the airfield, allowing wonderful views of small aircraft and corporate jets taking off and landing.



APRIL CALENDAR

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* = Televised on Channel 1852

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Pre-Pilates



Fridays, April 1st – May 20th

No class Friday, April 22nd

3:00PM - The Hader Room

Cost

Residents and Members:

\$5 per class or \$30 for the 7 week Series

Non-Members of The Connection:

\$7 per class or \$40 for the 7 week series

This class will use a foam roller to assist and challenge you as you learn the fundamentals of Pilates movements. This class is designed to unlock joints and muscles, restore balance, gain core strength, improve posture and balance, and stretch and tone muscles.



Eating Right for a Seasoned Mind



Tuesday, April 5

10:00am - Parkview Room

Cost: FREE

Join the dietetic students of Cincinnati State as they pass out healthy snack samples and present to us healthier ways to eat as we live. Including nutrition for women and men, improving memory and reducing inflammation.

The History of Boxing

**Date: Friday,
April 22nd, 2016**

Time: 1:00pm

Cost: Free



**Location:
The Hader
Room**



Join Samuel Rowe Jr. from Cincinnati State, as he teaches about the origin of boxing in ancient Greece and Rome, the rebirth of boxing in England during the 18th century and the modern story of boxing in America. We will cover the evolution of boxing rules, the various weight divisions, the bare-knuckle era, the glove era, including many of the great boxing champions. You will love this informative and entertaining Living is Learning event!

Call x 4100 to Reserve Your Spot for all Classes!!

THE CONNECTION BASEBALL TOURNAMENT

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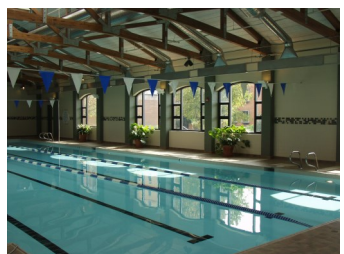
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Join us for a Family Fun Day!



Saturday, May 7
1:00pm- 3:00pm



Jump on in! Bring your family and enjoy some pool fun! This event is open to Residents, Associates and Connection

Reservations Required! Please Call The Connection at 853-4100

THE CONNECTION

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Movement Opportunities - Aquatic

Liquid Essence - This is a no impact, 40 minute cardio-respiratory workout with an emphasis on core strength, followed by a 5 minute cool down stretch. *Advanced Level, Low-Moderate Intensity. Class Length: 45 min* **Monday, Wednesday - 9:00am**

Aqua-Pilates - This is a low impact class emphasizing strengthening and stretching movements that require precise breathing and muscle control. Aquatics helps develop trunk stabilization, enhance muscle strength, improve posture, and relieve stress. *Medium Level, Low-Moderate Intensity. Class Length: 45 min* **Friday - 8:45am**

Aqua Level 1 - This water class uses a variety of exercises that will increase range of motion, flexibility, and manage pain. This class is ideal for people with arthritis, fibromyalgia, or recovering from injury. *Beginner Level, Low Intensity. Class Length: 45 min* **Tuesday, Thursday - 10:30am**

Aqua Level 2 - This water class is for those who want to move to the next level. This class increases intensity and adds impact. This energizing class combines cardio-respiratory training, flexibility and strength training. This class introduces resistance equipment to the pool. A great way to prepare for the Level 3 class. *Medium Level, Moderate Intensity. Class Length 45 min.* **Monday, Wednesday, Friday - 11:00am**

Aqua Level 3 - For our more advanced exercisers, this class increases the intensity to another level. It will incorporate more complex movement patterns, and challenge your cardio-respiratory fitness. This class will utilize resistance equipment for a longer period of time amplifying the focus on strength training. *Advanced Level, High Intensity. Class Length 45min* **Monday, Tuesday, Wednesday, Thursday, Friday - 4:00pm Saturday - 9:30am**

Movement Opportunities - Land

Energize Your Life: Muscles in Motion - An overall movement class perfect for all ability levels. Whether you are just starting out or need an energy boost for your afternoon this class is for you! This class incorporates hand held dumbbells (free weights) to challenge and strengthen and your muscles. *Beginner-Intensity* **Monday - 2:00pm (4th Floor Assisted Living)**

Super Seniors - This is a group exercise program designed for individuals 50 and over. We will focus on building strength, increasing flexibility, improving balance, and maintaining proper spinal alignment. *Low Intensity* **Tuesday & Thursday - 9:30am (Hader Room)**

Tranquil Motion - Tai Chi movements that emphasize the importance of weight transference, which helps to improve balance and prevent falls. Tai Chi facilitates the flow of qi (pronounce as chee) through the body, a life energy that circulates throughout the body, performing many functions to maintain good physical and intellectual wellness. Wheelchairs welcome! *Low Intensity* **Monday & Wednesday - 3:00pm (Hader Room)**

Your Yoga: Join us for a beginner needs. Classes will rotate each month between *Chair Yoga* and *Aquatic Yoga*. Whether you like the ease of sitting in a chair or the gentleness but challenge of the water, each class will focus on mobility, flexibility, strength and a healthy mind. This class is perfect for those with limited range of motion as both options provide added support. *Beginner Intensity* **Thursdays - 1:30pm (Chair Yoga-Hader Room on even months) (Aquatic Yoga-Aquatic Area on odd months)**