

THE CAMPUS INFORMER

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The "Souper" Bowl Cook Off and Tasting

Monday, January 25
12:00pm - The Gulden Community Center

January is National Soup Month and on a cold winter day we'll warm our bellies with a bowl of tasty soups made by the "Souper" Bowl Cook Off. Entries are from residents, families, associates and members. Your soup can be a chili or chili. Soups to be voted on. The selected winner will have the right to serve the soup at the Bistro the week of the Souper Bowl.

Twin Towers is a Non-Smoking Tobacco Free Campus

Core Values
Respect ~ Innovation
Spirituality ~ Excellence



Twin Towers Senior Living Community

www.lec.org



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Spotlight on Spirituality for January:



> c \ b ' K Y g ` Y m ' g U] X ž ' A c b Y m ' b Y j Y f ' g h U r
 me. I throw it out of my hands as soon as possible, lest it find its way into
 a m ' \ Y U f h " ' ' K Y g ` Y m ' Y U f b Y X ' g] y e t h i s g i f t W U I
 was to be so generous as to leave virtually nothing behind when he died.

He achieved that goal.

II Corinthians 8:3 - The Apostle Paul thinks of the Macedonian

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 their ability. They first gave themselves to God then, by the will of God,

h c ' h \ Y ' a] b] g h f m "

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Doug Nichols

Pastoral Care Dept: Chaplain Joe, Chaplain Rebecca, Chaplain David



Wednesday, January 6

The Gulden Community Center

6:20pm Singspiration

6:30pm Program

Janet Osborn, Clinical counselor and Therapist from City Gospel Mission

City Gospel Mission is more than holiday meals for anyone in need of a meal. City Gospel Mission is more than housing the homeless located where once stood the famous Crosley Field. City Gospel Mission is more than helping men and women regain productive lives. Join us as Jan Osborn shares the exciting story of City Gospel Mission. Everyone is welcome!!

LIBRARY

“Let’s start the New Year right” by browsing through the Library.

You will see books with a letter of the alphabet on the spine. These are fiction books.

† **P** for James Patterson “Tic Toc”

† **R** for Nora Roberts “High Noon.”

You may see a number on the spine of other books.

† **2** {Spiritual} “Season of Prayer” or “The Faith Club”

† **3** {Social} “What on Earth Have I Done” by Robert Fulgum

† **7** {Art} “Norman Rockwell”

† **9** {History and Travel} “America’s Victories” or Enjoy an easy-chair trip to Rome, England, or U.S. National Parks.

When you see **Local Interest** you have found shelves of books about Cincinnati, Ohio and surrounding territory: “Cincinnati Scenes” by Caroline Williams, “The Old Lady of Vine Street” the Enquirer.

Have fun browsing and reading in 2016!



Aloha

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

Returning to Hawaii to coordinate the launch of a revolutionary weapons satellite, defense contractor Brian Gilcrest reconnects with an old flame. Before long, however, he's distracted by the alluring Air Force officer assigned to be his escort.

2015

Run Time: 1 hour 45 min

Rated: PG-13

Drama/Romance

Stars: Bradley Cooper, Rachel McAdams, Emma Stone

The Age of Adaline

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

After 29-year-old Adaline recovers from a nearly lethal accident, she inexplicably stops growing older. As the years stretch on and on, Adaline keeps her secret to herself -- till she meets a man who changes her life.

2015

Run Time: 1 hour 52 min

Rated: PG-13

Drama/Fantasy/Romance

Stars: Blake Lively, Harrison Ford

Calendar Girls

Friday, January 15 - 6:30pm - The Gulden Community Center

The members of the Knapely Women's Institute of North Yorkshire are resourceful and refined - and they're about to shock the residents of their little English town with a daringly bare philanthropy project.

2004

Run Time: 1 hour 48 min

Rated: PG-13

Drama/Comedy

Stars: Helen Mirren, Julie Walters, Penelope Wilton

Iron Man

Friday, January 22 - 6:30pm - The Gulden Community Center

After escaping from kidnappers using makeshift power armor, a wealthy inventor and weapons maker turns his creation into a force for good by using it to fight crime. But his skills are stretched to the limit when he must face the evil Iron Monger.

2008

Run Time: 2 hours

Rated: PG-13

Adventure/Sci-Fi

Stars: Robert Downey Jr., Gwyneth Paltrow



Please contact Tina Spicer x2086 with any movie suggestions!



Saturday, January 2, 9, 23

All Campus Bingo

1:00pm - 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.



Monday, January 4

The Sociables

6:30pm - The Gulden Community Center

The amazing trio with the big band sound is known as the Twin Towers favorite! Be sure to arrive early for a great seat and to submit song requests you'd like to hear.



Tuesday, January 5 and 19

Watercolor Painting:

The Difficult Made Easy

1:30pm - The Art Studio

(Note Time Change for Winter)

Beginners, 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. We start out with simple subjects. **Instructor:** Howard Krauss teaches watercolor classes at a variety of locations including internationally. For registration please contact: Tina Spicer x2086. There is a one time \$25.00 annual instruction fee followed by \$5.00 charge per class.

Wednesday, January 6, 13, 20, 27

Chair Volleyball

1:00pm - The Gulden Community Center

Ready for fun?! We are starting a Chair Volleyball league at Twin Towers and looking for players. Chair volleyball is a physical activity that provides a fun way to be active. Because players are required to remain seated, chair volleyball allows those with physical limitations to participate on a level playing field with those who may be more active. Regular participation in this activity can increase flexibility and stamina. Participate in a game or join us on the sideline, either way you're going to have a great time! Sign up with Tina at x2086.



Monday, January 11

Redeemed Trio

7:00pm - The Gulden Community Center

Redeemed Trio minister the Gospel through Music and have been together for over 10 years. Barney is their lead singer from West Milton Ohio, Dale Boreing is their Tenor from Lebanon Ohio, Pastor Gary is their Baritone and the owner of Redeemed Trio.

Wednesday, January 13

Mike Connelly, Did You Know?

3:00pm - The Wilson Lounge

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



Saturday, January 16

Ring of Peace Bell Choir Performance

1:00pm - The Gulden Community Center

Ring of Peace is one of the three bell choirs at Northminister Presbyterian Church. Ring of Peace plays on four octaves of Malmark bells. The goal for this performance is to share some music, demonstrate some ringing techniques, answer questions about handbells and invite residents to participate in the ringing experience. This event will be informal educational and hopefully will inspire you.

Sunday, January 17

"Artists-in-Residence"



6:30pm - The Gulden Community Center

You and your family are invited to share in an evening of beautiful Classical music featuring our "Artist-in-Residence" Alyssa Griffith and Annie Barr.

Monday, January 18

"Revolutionary Impressionism: More than Pretty Pictures" - Presented by Cate O'Hara from UC

3:00pm - The Gulden Community Center

Exhibitions of French Impressionist paintings are guaranteed blockbusters. But why are they important? You'll love the beautiful canvases by Monet, Degas, Pissaro, and others even more when you understand what they tell us about a rapidly changing world, shifting societal mores, and new technologies. Presenter Cate O'Hara is Program Director of the Osher Lifelong Learning Institute at the University of Cincinnati. Previously, she was Associate Curator of Education at the Taft Museum of Art.

Monday, January 18

Comedy Juggler & Ventriloquist

Mike Hemmelgarn

6:30pm - The Gulden Community Center

He went door-to-door selling newspaper subscriptions to earn enough money to purchase his first "dummy", a hard wood puppet named "Bob." Bob is now in retirement and Mike uses mostly sculpted foam and latex puppets. He first learned to juggle with tennis balls and has evolved to bowling balls, knives, machetes, torches and other ridiculous things!

Thursday, January 28

New Residents' Reception

2:00pm - The Gulden Community Center

All Twin Towers independent residents are invited to a reception in the Gulden Community Center to welcome our new residents. We will start a 2:00 pm. You will get to meet all of our new residents and they will meet you! Enjoy light refreshments. Please join us.

Friday, January 29

A Kaleidoscope of Snippets by Larry Busby

6:30pm - The Gulden Community Center

Larry Busby has a large collection of unique and hilarious short videos that he has gathered from the World Wide Web/Internet and is looking forward to sharing them with all of you. Come enjoy the whimsical show that will certainly make you laugh.

EVENTS & PROGRAMS - OUTINGS

Page 8

*NEW Reservation Line Number *



Events and Programs Reservation Line: x2389

F Y g Y f j U h] c b g N January 1st at 7:00am! h U f h] b

- ◁ 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.

Thursday, January 7

The Cheesecake Factory and Shopping at the Kenwood Towne Centre

10:30am - Pick Ups Begin **Cost:** Menu Price ranges from \$8.95 and up

The Cheesecake Factory menu features more than 250 menu selections made in-house each day, using only the highest quality ingredients, which combines to create their remarkable tastes. Next we will check out all of the after Holiday Sales shopping at the Kenwood Towne Centre.



Sunday, January 10

McAuley High School Drama Performance "Arsenic and Old Lace"

1:00pm - Pick Ups Begin **Cost:** Tickets are free but you MUST sign up before January 7th.

McAuley drama performs "Arsenic and Old Lace" In this dark comedy by Joseph Kesselring we meet the charming and innocent ladies who populate their cellar with the remains of socially and religiously "acceptable" roomers; the antics of their nephew who thinks he is Teddy Roosevelt; and the activities of the other nephew—these require no further description or amplification here.

Thursday, January 14

The American Sign Museum and lunch at Dewey's Pizza in Clifton

10:15am - Pick Ups Begin

Cost: Museum Ticket Price \$10.00, Menu Price ranges from \$7.95 and up



Our guided tour will bring to life the stories and history behind the individual signs and evolutions of signs on the American Landscape. The tour includes a visit to the onsite neon shop for a demonstration on how neon signs are made. Following our tour, enjoy lunch at Dewey's Pizza in Clifton.

Tuesday, January 26

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The National Exemplar

10:45am - Pick Ups Begin

Cost: Menu Price ranges from \$5.99 and up

The National Exemplar Restaurant, located on the first floor of the Mariemont Inn Hotel, is a popular neighborhood restaurant. It offers American-style cuisine in its spacious dining room. The National Exemplar offers an outstanding dining experience.

FOR YOUR INFORMATION

DO YOU KNIT? DO YOU CROCHET?

Friday, January 8

10:00am - Room 55 Ground Floor

The Prayer Shawl Ministry is looking for more people. Materials are available - stop down and get a pattern and yarn. Problem with your project? Kathy will be available to solve your problem!

OPEN BRIDGE AND OPEN CARD GAME NIGHT

Wednesdays, January 13, 20, and 27

Join us for a friendly game of cards every Wednesday evening starting at 6:00 pm in the Parkview Room. We will have open tables for Bridge, Spades, Hand foot, Canasta, Whist and more. We have plenty of gaming tables and decks of cards!

Wednesday, January 13

OMA - Opening Minds Through Art

3:00pm - The Gulden Community Center

Opening Minds Through Art is an intergenerational art program for people with dementia. OMA promotes social engagements, autonomy and dignity through the experience of self-expression. Twin Towers has implemented OMA with Health Pavilion residents directed by certified facilitators and Activities Specialists, Lynn Iorfida and Katie Roberts. Volunteers for the previous session were integrated associates of Twin Towers. Join us for an art showing for our OMA Artists and the concluding ceremony that will start at 6:00pm with artists and their guests. Please come and learn about OMA and enjoy the beautiful pieces created!

Support our Gifts & More! Training provided for Volunteers ! Contact Tom Reusch x2009

JANUARY CALENDAR



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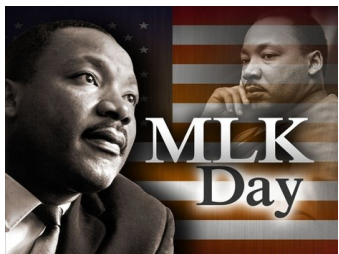
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Aqua Aerobics with Cincinnati State *(New Days and Time!)*

Join Cincinnati State Instructor, Samuel Rowe, Jr. along with Cincinnati State students and faculty for a 45 minute water aerobics class. This class is low-impact and will focus on cardiorespiratory endurance, strength, muscle tone and flexibility.

Class Components:

- < Cardiovascular
- < Core Work
- < Strength Training
- < Equipment Exercises
(Noodles, Paddles, Kick-boards...)
- < Interval & Circuit Training
- < AND MORE!

Monday's & Wednesday's

January 11th – April 20th, 2016

5:15pm - 6:00pm

The Connection Aquatic Area

Cost: Members of The Connection - FREE

Cincinnati State Participants- \$50 Class Pass



Living is Learning Presents:

Acupuncture

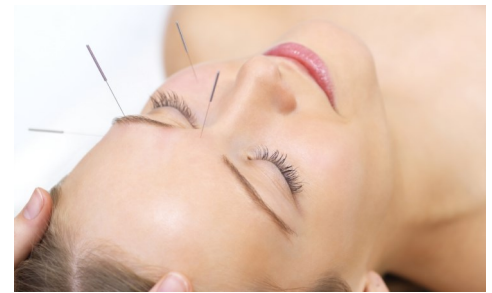
The Connection at Twin Towers is now offering Acupuncture! Licensed Acupuncturist Sabrina Brunner will explain just how acupuncture works and the many benefits it can provide. Listen to personal testimonies from Melissa Frampton who used acupuncture for fertility struggles and Jessica Rostron who currently uses acupuncture to aid her stroke recovery. Wellness Services Manager, Amy Brunner will also receive a live acupuncture demo. You don't want to miss this!

WHEN: TUESDAY, JANUARY 5TH

TIME: 1:00PM

WHERE: THE HADER ROOM

COST: FREE



Guatemala Study Abroad Experience



Join us as Samuel Rowe Jr. presents the Cincinnati State Summer 2015 Guatemala Study Services Learning Project. See the beauty of the country, the community development project and hear about the lives that were changed.

When: Friday, January 8th

Time: 1:00pm

Where: The Hader Room

Cost: Free



Call x4100 to Reserve Your Seat for Both Events!

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. Aqua-Pilates 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's yoga class that fits *your* 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)