

# THE CAMPUS INFORMER

## Wednesdays on the Green

Clifton Cultural Arts Center is thrilled to present another summer of Wednesdays on the Green - free evening concerts every Wednesday at 7pm. Make sure to bring a lounge chair, bring your friends and enjoy a great summer night out!

### June Musical Line up:

**June 7:** Tracy Walker, presented by Clifton Town Meeting



**June 14:** Orquesta Kandela, presented by WCPO 9 On Your Side

**June 21:** Chuck Brisbin & the Tuna Project, presented by Greendale Avenue

**\*See Events and Programs - Outings for more information**

**June 28:** Natural Progression, presented by Ludlow Wine Club, Gano, Wirham, Morrison & Howell

Twin Towers is a proud sponsor of this event.

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Twin Towers is a Non-Smoking/  
Tobacco Free Campus

### Core Values

Respect ~ Innovation  
Spirituality ~ Excellence



## June Jubilee Picnic

Thursday, June 8

11:00 am - 1:30 pm

Parkview Room

The Auxiliary of Twin Towers reminds you of their annual picnic! New residents are welcome and encouraged to attend!

Any questions, please call Sandy Bollinger at 513-574-4027.



Like us on  
Facebook

Twin Towers Senior Living Community

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

*Twin Towers*  
A LIFE ENRICHING COMMUNITY  
The Choice in Wellness Lifestyle.

# SPIRITUALITY

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Do you remember the answer to the one who came to Jesus asking what he must do to inherit eternal life? Jesus responded: "Love the Lord your God with all your heart, with all your mind, with all your soul and with all your strength."

Do you remember learning memory verses? We were told we ought to know them by heart. Today we look at loving God by heart and with all our heart.

May I give you a pattern for that? Jesus says in Luke 11...Ask, seek and knock. Everyone who asks receives, everyone who seeks finds and to the one who knocks it will be opened.

My knowing Jesus by heart climbs in intensity...in ASKING I realize that I have a need; in SEEKING I put some activity to that asking; in KNOCKING it is as if I am pounding on the door. I have more than a curiosity about what is on the other side; I am insisting on knowing.

When I was a child I was in the 4-H club...Heart, Health, Hands, and Head. Join the 4-H club spiritually...get to know God with all your heart, soul, strength and mind.

Chaplain Joe

# CHRISTIAN FELLOWSHIP

**Wednesday, June 7, 2017**

**6:20pm - Singspiration**

**6:30pm - Program**

**The Gulden Community Center**

Program: The Heritage Gardens

We will explore the Heritage Gardens which were built under the guidance of former Ohio First Lady Hope Taft, beginning about 10 years ago. The gardens are divided in sections to provide a vision of the distinctive flora found in several regions of Ohio.

Speaker: Mary Jo Vesper, Hamilton County ambassador for the Governor's Heritage Gardens.

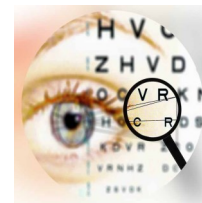


# MACULAR DEGENERATION AND LOW VISION

**Tuesday, June 27, 2017**

**1:30 - 2:30PM - Hader Room**

Reminder: We have two CCTV's or readers to help you. One is located in the computer room on the 1st floor, near the mailboxes. The second one is located on the 4th floor in assisted living, take the elevator across from the library. Need assistance with our CCTV's? Ask an aide, social worker or Chaplain. Remember to include Vision-enhancing foods in your diet such as spinach, kale, citrus fruits, melons, broccoli, salmon, carrots and more!



# SAVE THE DATE

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## Last Call!! Destination Outing to Orlando & St. Augustine, Florida

Cost per person: Double Occupancy \$897.93, Single Occupancy \$1,243.90

**September 24th - 30th** 6 nights, 7 days tour includes:

All admissions and attractions, 11 meals, luggage handling, taxes and gratuities are included in features below:

- < Round-trip Deluxe Motor Coach Transportation; comfort stops along the route.
- < 7 Day, 6 Nights Accommodations at The Hyatt in Atlanta Georgia, The Hampton Inn in Orlando and Beach Side in St. Augustine.
- < Lavish Dinner at a Disney World Resort.
- < Admission to Epcot Center along with Lunch in the theme park.
- < Dinner at The Rainforest Café located in Disney Springs, Orlando.
- < Cirque Du Soleil show "La Nouba" located in Disney Springs, Orlando.
- < Visit the heart of the Old Town district of St. Augustine, at the historic pedestrian-only St. George Street.
- < Sunset Dinner Cruise in St. Augustine.
- < Admission to The Fountain of Youth with catered lunch.



**Call Tina Spicer at x2086 for questions or to sign up.**

**Payment Plan: Take advantage of our Payment Plan! Let us help you enjoy a wonderful time with us in Florida! Make arrangements with Emily at x4100.**

### Farewell Reception for Chaplain Joe Boone

Thursday, June 22

2:00pm-4:00pm Art Gallery

Please join us in the Art Gallery as we say goodbye to Chaplain Joe Boone. We all wish him nothing but the best as he enters into retirement! What a blessing we were given when he joined our staff, and he will be sorely missed!

### Reds Game Day Outings

Join us this summer as we enjoy America's greatest pastime live at Great American Ballpark. Check your Campus Informer each month for more details about how to reserve your tickets.

Tickets will cost \$30.00 each and cover:

~ Roundtrip transportation

~ First Level handicap accessible seating

Tickets will be available for the following 2017 Cincinnati Reds Games:

- < Thursday, June 8 vs St. Louis Cardinals at 12:35pm- SOLD OUT
- < Tuesday, July 18 vs Arizona Diamondbacks at 7:10pm
- < Tuesday, August 8 vs San Diego Padres at 7:10pm
- < Wednesday, September 6 vs Milwaukee Brewers at 12:35pm



**Call the Reservation Line at x2389 to reserve your tickets!**

**The Variety Sale****Friday, June 16, 2017      Variety Sale Room (10B)**

10:30-11:30 Mobility Challenged

1:00-3:00 All Shoppers Welcome

Now taking all donations and accepting credit card sales!

Donate your items today!

Noteworthy artwork

Wood furniture (none upholstered)

Jewelry

Kitchen cookware

**Drop off your donations in the carts outside the Variety Sale area.****LIBRARY NEWS****June**

Summer is on its way and its time to plan a tour! How about touring the Library? We start in the paperback room. As you enter from the hall, to your left is the Holy Bible reference use.

Next is the white plastic return and donate basket. The corner contains mystery novels.

Moving on, the next shelves offer fiction by a variety of different authors. As you pass by the windows enjoy the color and beauty of the out doors.

Next you will find a large magazine rack full of current copies to be enjoyed.

Tucked in the next corner are the biographies of notable people. The next shelf contains a variety of non fiction books– history, humor, and more.

Now you are in the doorway to the hardback books. Lastly there are 4 shelves with a variety of entertainment from which to choose. At the end of your tour you have circled the middle table which contains the daily Enquirer and Wall Street Journal to be enjoyed in the Library. Hope you enjoy your tour!!

**JUNE MOVIE****Hidden Figures****Friday, June 23 - 6:30pm - The Gulden Community Center**

The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

**2016****Run Time: 2 hours 7 min****Rated: PG****Drama/Biography/History****Stars: Taraji P. Henson, Octavia Spencer, Janelle Monáe**

**Please contact Tina Spicer x2086 with any movie suggestions!**

# EVENTS & PROGRAMS

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Thursday, June 1 & 15

## **Toastmasters Meeting**

6:30pm – Studio

Helpful  
Tips

Even experienced speakers can benefit from Toastmasters! In a Toastmasters club, you'll learn to relax, plan and present a terrific speech whether you have 10 days to prepare or 10 seconds. You'll learn to listen effectively, think on your feet and speak confidently in a wide range of situations. Best of all, you'll practice in a friendly, supportive environment.

Friday, June 2

## **Card Making Class with Beth Klaine**

1:00pm - Studio      **Cost:** \$4 for 2 projects

Learn how to use shaving cream and inks to make amazing backgrounds for cards. We will finish them to make a patriotic card suitable for birthdays or 4th of July and a summer themed card.

Monday, June 5

## **Phil Degreg & Joe Lukasik**

6:30pm - The Gulden Community Center

Pianist Phil DeGreg and clarinetist Joe Lukasik are two of Cincinnati's premier jazz musicians. They have a lot of music in their heads and will be pleased to honor your song requests in a traditional jazz style. They have a lot of fun playing music together, and guarantee that a good time will be had by all.

Wednesday, June 14, 21 & 28

## **Chair Volleyball**

1:00pm - Gulden Community Center-C side

\*Away game 6/7 at 9:30am. \*Home game vs NCH 6/14. Chair volleyball is a physical activity that provides a fun way to be active. Players are required to remain seated, which allows many to participate on a level playing field with those who may be more active. Regular participation can increase flexibility and stamina. Participate in a game or join us on the sidelines; either way you're going to have a great time. **Sign up with Tina at x2086.**



Monday, June 12 & 26

## **Computer Services by Ira**

1:00pm - Computer Room 1st Floor

Learn the skills you'll need to get started using a computer, cell phone or iPad like a pro. Do you have questions or concerns with your electronic device, Ira can help you? **Schedule your appointment today with Tina Spicer at x2086.**

Monday, June 12

## **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, June 13 & 27

## **Watercolor Painting**

1:30pm – Studio

Learn the basic techniques of making a watercolor painting. Watercolor painting can be intimidating. That's why we start out with simple subjects. Use the various brush handling skills that can inspire you. Instructor: Howard Krauss teaches watercolor classes at a variety of locations including internationally.

**For registration please contact:  
Tina Spicer x2086. \$5.00 a class**



Wednesday, June 14

## **Mike Connelley, Did you know?**

3:00pm - Studio

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

Wednesday, June 14 & Thursday June 29

## **Team Trivia Night**

6:30pm - Parkview Room

Sign up as a team of no more than 6 and see if you have the brains to come out on top. Don't miss out on this fun filled night of competition!

**Sign up your team of no more than 6 by  
calling Erich Coates x2351**

Thursday, June 15

## Independent Living 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 at 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, June 16

## Share the Music

7:00pm - The Gulden Community Center

Share the Music is a nonprofit organization that formed by Inna Terekhov and her students more than five years ago. The vision of Share the Music is to bring the joy of music to everyone and to inspire students to provide community service, and raise funding for those students who cannot afford lessons if possible. There are more than a dozen of students, whose ages range from 6 to 17 years old.



Monday, June 19

## Full Moon Ranch

6:30pm - The Gulden Community Center

Full Moon Ranch is a Cincinnati based acoustic trio. They blend voices and instruments in a variety of Americana, Bluegrass, Folk, Country and Classics tunes, as well as originals. Their energetic mix includes recognized songs to sing along with, as well as some fun original toe tapping tunes! Full Moon Ranch is: Ed Stapleton (singer/songwriter/guitar), Jody Knoop (vocals/mandolin), and our trail boss Spencer Funk (lead guitar/vocals). We've had



years of experience and four years together as a group. We're a hard-working trio playing over 80 gigs last year, aside from our regular jobs.

## Historian Diane Shields Presentation: Grandma Moses

1:30pm - Gulden Community Center-B side



Grandma Moses, a primitive artist, who gained fame after she reached "old age"! She is one of the most famous primitive artist in the world and her works give us a nostalgic look at the past.

Wednesday, June 21 & 28

## Photography Class with Ernest Worthing

Very Informative!

6:30pm - Studio

"Ernest Worthing grew up in Europe and graduated from Saint Louis University in International Business. Ernest decided to switch career paths and pursue his passion: photography. Easy, personal and fun, Ernest's classes are for anyone with a photography bug looking to take that first step." Note: Class for all camera styles, from EOS to iPhones. **Sign up with Tina Spicer x2086**



Saturday, June 24

## All Campus Bingo

1:30pm - Studio



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

Friday, June 30

## Angela Coyle

6:30pm - The Gulden Community Center



Enjoy an evening of Jazz Music performed by our very own *Artists-in-Residence*, Angela Coyle.

# EVENTS & PROGRAMS - OUTINGS

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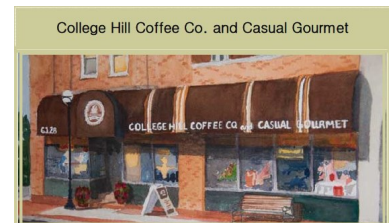


F Y g Y f j U h ] c b g N June 1st at 7:00am! G h U T h ] b [

## 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.

The Twin Towers shuttles will no longer run for this event. However, we encourage you to visit The College Hill Coffee Co. and Casual Gourmet the first Tuesday of every month! 10% of the sales will go to Twin Towers! CHCC is so much more than just coffee. It is also a full service restaurant. Enjoy a full menu of fresh made salads, hearty soups, deli and grilled sandwiches, award-winning desserts, and pies made from scratch. You'll also find an incredible variety of gifts for any occasion and for anyone on your list.



Tuesday, June 6

### Outing to Carillon Historical Park in Dayton, OH

9:00am – Pick ups begin      **Cost:** Ticket \$7. Lunch menu \$7 and up

Golf Cart guided tour around the park. Carillon Historical Park is a 65-acre park and museum in Dayton, Ohio, which contains historic buildings and exhibits concerning the history of technology and the history of Dayton and its residents from 1796 to the present. The historical elements of the park were the brainchild of Colonel Edward Deeds. The major sections include settlement, transportation, invention, and industry. The park also contains the Carillon Park Railroad, a 7 / 2 in. gauge miniature railway. Enjoy the breath taking views of the park as we enjoy lunch at The Carillon Brewing Company restaurant located right in this breath taking park. Carillon Brewing Co. offers visitors a glimpse into 1850s-era Dayton through the authentically prepared food and drink of the times. It is the nation's only production brewery in a museum, and the only U.S. brewery replicating the historic brewing process.

Tuesday, June 20

### LeadingAge Ohio Regional Art Show

9:45am – Pick ups begin

We will attend the Leading Age Ohio Regional Art Show at Marjorie P. Lee Retirement Community. Our Residents who have participated in this year's show will have their art work on display along with other senior living community art work in our Cincinnati region.

# OUTINGS & SPECIAL EVENTS

Wednesday, June 21

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## Clifton Cultural Arts Center Wednesdays on the Green

6:00pm – Pick ups begin

Kick back in the grass or bring a chair, enjoy the show and meet some new friends on the beautiful lawn at CCAC. Join us for this week's Wednesdays on the Green – free evening concert featuring the musical styling's of Chuck Brisbin & the Tuna Project! Chuck formed "The Tuna Project" with some of the best musicians in the tri-state area. Their sound has been compared to the "Mussel Sholes Sounds" of yesterday; bringing the raw grit and honed musicianship of the Greats of the Blues World to the Blues Greats of Today. Chuck Brisbin & the Tuna Project is a proven, quality musical force in the region, performing all over Cincinnati, Northern Kentucky, and Southwest Indiana. The group has consistently been voted one of the Top Ten Blues Bands in the Cincinnati Area!

Thursday, June 29

## Outing to Columbus: Tour the Ohio Statehouse and Lunch at Schmidt's Restaurant in German Village

9:00am – Pick ups begin **Cost:** Lunch menu \$8 and up

This is a walking tour. Come visit the Historical Statehouse of Ohio. Our guided tour will take us through the Rotunda and visit major rooms as well as the Capitol Gardens and Statuary on the exterior of the Capitol building. Our guided tour will also provide entrance into the Senate Chambers which are usually locked when the Senate is not in session. After we visit the Statehouse Museum we are off for lunch at Schmidt's Restaurant in German Village.

## Father's Day Pizza Lunch

Friday, June 16

12:00pm – Parkview Room

Men of Twin Towers, you are invited to join us for a pizza party honoring the wonderful fathers we have here on campus as well as those who have come before us. Come enjoy good company, Dewey's pizza, fun games and more. Call Erich Coates at 2351 to RSVP.

## JUNE CALENDAR

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# JUNE CALENDAR

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**Wellness Tips:** Foods that don't expire contain unnatural preservatives, additives, and chemicals that deteriorate your body. Focus instead on fruits, vegetables, lean meats, whole grains, low-fat dairies, and above all, moderation in whatever you eat.

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**Wellness Tips: Those who think they have no time for healthy eating...will sooner or later have to find time for illness.**

\* = Televised on Channel 1852

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**Wellness Tips: Breakfast is the most important meal of the day because it feeds your body and mind with the necessary nutrients and energy to function throughout the day. Eating breakfast regularly will also help keep weight off because it gets your metabolism going.**

## Wondering What to Leave Your Loved Ones?

Think Carefully When Considering Retirement Plan Assets:

While IRAs are excellent vehicles for accumulating assets for your use during retirement, to many people's surprise, they are a far less attractive way to pass an inheritance to loved ones. A better and easier option is to leave an IRA to a charitable organization like Twin Towers. Here's why.

### The Tax Costs of IRAs:

When you name anyone other than your spouse as beneficiary of your IRA, it will be exposed to heavy taxation, leaving less for your heirs than you had hoped. The income tax bill can take as much as 39.6 percent, and that percentage can be even higher if your estate is subject to estate taxes.

### A Charitable Solution:

If you've thought about contributing to Life Enriching Communities Foundation-Twin Towers, consider giving IRA assets to us and giving other assets that are not as heavily taxed to family members. As a nonprofit organization, we are tax-exempt (Tax ID No. 06-1708088), so we can use 100 percent of your IRA. To get this process started:

Decide what percentage (1-100) you would like us to receive.

Contact your IRA administrator for a change-of-beneficiary form.

Name Life Enriching Communities Foundation-Twin Towers and the gift percentage on the form.

Return the form to your IRA administrator.

Let us know about your plans so we can thank you. (We will also honor your preference for anonymity). If you have any questions about providing support to Twin Towers through your IRA, please feel free to contact: Dan McManus at x3540 or [dan.mcmanus@lec.org](mailto:dan.mcmanus@lec.org).

# Summer Fun Word Search

BARBECUE	LEMONADE
BATHINGSUIT	PARTY
BEACH BOAT	PICNIC
CAR TRIP	POOL
CHALK	SUNGLASSES
FAMILY	SUNSHINE
FIREFLIES	SWIM
FIREWORKS	TOWEL
FRIENDS	VACATION
FUN	VOLLEYBALL
GAMES	ZOO
ICE CREAM	



L	F	I	R	E	F	L	I	E	S	S	D	M	V	E
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E	G	A	M	E	S	E	L	B	O	Y	Y	N	U	X
H	C	A	E	B	Y	O	O	P	X	O	B	E	D	F
D	S	B	G	E	D	A	N	O	M	E	L	S	N	S
C	Z	H	U	R	T	J	E	M	T	C	K	Q	X	Z

\*Note: words 3 beach and 4 boat are 2 separate words.

# Happy Bodies is Back!!

“What a great class! Not stressful and you really feel a difference!”  
-Dora Harrison (TT Resident)

Dates: Monday, June 5th ~ July 31st

Location: The Hader Room

Time: 1:00pm

Cost: \$4 per class/ \$30 series



Join instructor Pam Jacobson for a full body movement, flexibility, and balance class. Pam has an enthusiastic lifelong passion for health, wellness, and movement with a special interest in the feet as our foundation as they relate to total body health. For 30+ years she has practiced and taught a variety of movement modalities including yoga, tai chi, dance, fitness, and weight training.

To Register Call The Connection at x4100

## Living is Learning Presents: Yin Yoga with Miny!



Dates: Fridays

June 2nd~23rd

Location: The Hader room

Time: 2:00pm

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Call The Connection x4100 to Sign Up!

## Movement Opportunities - Aquatic

Liquid Essence - A no impact water workout with an emphasis on core strength. Water Belts are worn and equipment such as noodles or hand buoys will be used. *Moderate Intensity.*

**Monday, Wednesday - 9:00am**

Aqua -Pilates - A low-impact class emphasizing strength and stretching movements which require precise breathing and muscle control. This workout also increases muscle strength, posture, trunk stabilization and is a great stress reliever. *Low-Moderate Intensity.*

**Tuesday and Friday - 9:00am**

Your Yoga: Aquatic - A beginner's yoga class focusing on flexibility, mobility, strength and a healthy mind. This class is perfect for those with limited range of motion as it provides added support. *Low Intensity.* **Thursday - 9:15am**

Aqua Level 1 - An aerobic class utilizing exercises that increase range of motion, flexibility, and helps manage pain. This class is ideal for people with arthritis, fibromyalgia, or recovering from injury. *Low Intensity.* **Tuesday, Thursday - 10:30am**

Aqua Level 2 - An energizing aerobic class combining cardio, flexibility and strength training that adds impact movements and utilizes resistance equipment. *Moderate Intensity.*

**Monday, Wednesday, Friday - 11:00am**

Aqua Level 3 - A cardio workout of high intensity. This class incorporates combination movement patterns and uses a variety of resistance equipment during the latter part of the class providing a more strength based focus. *High Intensity.*

**Monday, Tuesday, Wednesday, Thursday, Friday - 4:00pm Saturday - 9:30am**

Aqua Burst - **Returning in the Fall!**

## Movement Opportunities - Land

Super Seniors - A land class focused on building strength, increasing flexibility, improving balance, and maintaining proper spinal alignment. *Moderate Intensity.*

**Tuesday & Thursday - 9:30am (Hader Room)**

Twin Towers Walking Group - Join the Twin Towers walking program. A great educational and social program. Walking Program Includes: monthly outings, fun mile stones and prizes, and the ability to track steps/mileage. Please bring water and wear comfortable shoes.

*Moderate Intensity.* **Fridays - 10:00am April 14th - October 13th (Meet in Hader Room)**

Tranquil Motion - Tai Chi movements that emphasize weight transference, which helps to improve balance and prevent falls. Tai Chi facilitates the flow of qi (pronounced "chee") through the body, a life energy that circulates throughout the body, performing many functions to maintain physical and intellectual wellness. *Low Intensity.*

**Monday & Wednesday - 3:00pm (Hader Room)**

Pilates For Healthy Movement - Session Jan. 6 - June 30 This land class will use a foam roller to assist and challenge you as you learn the fundamentals of Pilates movements. It is designed to unlock joints and muscles, improve overall posture and balance, gain core strength, and tone muscles. *Low-Moderate Intensity* **Friday - 3:00pm (Hader Room) \*See Connection staff for pricing.**