

# THE CAMPUS INFORMER

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*Celebrate  
Elder Americans Month  
on Fountain Square*

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**Core Values**  
Respect ~ Innovation  
Spirituality ~ Excellence



Twin Towers Senior Living Community

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

Join in the fun, sign up today!  
Events and Programs Reservation Line 853-53189

Pick Ups Begin on Monday, May 16th at 10:30am



# Friendship

What a friend we have in Jesus all our sins and grief's to bear! What a privilege to carry everything to God in prayer. ~ Joseph Scriven

To the world you may be one person; to one person you may be the world. ~Bill Wilson

P r o m i s e m e y o u w i l l n e v e r f o r g e t m e , b e c a u s e I w i l l n e v e r l e a v e . ~AA Milne (Winnie-the-Pooh)

I have friends in overalls whose friendship I would not swap for favor from all the kings of the world. ~Thomas Edison

I ' v e l e a r n e d t h a t p e o p l e w i l l f o r g e t w h a t y o u d i d , b u t p e o p l e w i l l n e v e r f o r g e t h o w y o u m a d e t h e m f e e l . ~Maya Angelou

May love and laughter light your days and warm your heart and home. May good and faithful friends be yours; wherever you may roam. ~Irish Blessing

Can we find a friend so faithful? Who will all our sorrows share? Jesus knows our every weakness, take it to the Lord in prayer. ~ Joseph Scriven

# CHRISTIAN FELLOWSHIP

Wednesday, May 4

**6:20pm Singspiration**

**6:30pm Program:** College Hill Swim Ministry  
The Gulden Community Center



Join Sharlyn Stone as she shares about the partnership between College Hill Presbyterian Church and Twin Towers. The goal of the Swimming Ministry is to equip students from 3 years to senior adults for what the Red Cross describes as survival swimming. They prepare students for a lifetime relationship with water, including Living Water, Jesus Christ... the rest will follow.

# FOR YOUR INFORMATION

Friday May 6, 13, 20, & 27

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## 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 company, warm coffee, and delicious donut holes!!!

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# MACULAR DEGENERATION/LOW VISION

Special Program!

Thursday, May 5

## Age Related Macular Degeneration

6:30pm- The Gulden Community Center

Dr. Michael R. Petersen from the Cincinnati Eye Institute and University of Cincinnati College of Medicine will present important information regarding age-related Macular Degeneration and other low vision information. Everyone is encouraged and welcome to attend.

Regular meeting Tuesday, May 31 at 1:30pm in The Hader Room.

## The Peanuts Movie

**Friday, May 13 - 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,  
Hadley Belle Miller**



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



# LIBRARY NEWS

You MAY be interested in our collection of biographies of familiar people who have been in sports, politics, movies and more:

Laura Bush

Ingrid Bergman

Lou Holtz

B i l l O ' R e i l l y

Jackie Kennedy

Mrs. Robert E. Lee

Nancy Reagan

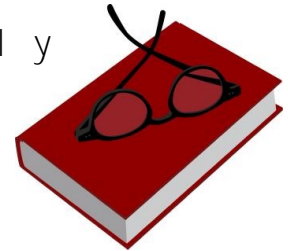
Dick Van Dyke

Hillary Clinton

Frank Sinatra- " S c r a p b o o k "

Hank Aaron - " T h e H a m m e r "

Eleanor Roosevelt- " G r a n d m e r e "



Enjoy reading about all these wellknown people.

H A P P Y M O T H E R ' S D A Y H A P P Y M E M O R I A L D A Y !

# EVENTS & PROGRAMS

Page 6

Monday, May 2

## 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 come early for a great seat and to request songs you'd like to hear.



Wednesday, May 4, 11, 18 & 25

## 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



Thursday, May 5

## Ladies Garden Party

2:00pm- The Parkview Room and Park

Ladies, the pleasure of your company is



requested to an afternoon party in the garden of the Parkview Room. Tea hats, gloves and pearls encouraged but not required. Must RSVP to x2389.

Friday, May 6

## Sassy Senior Show Dancers

6:30pm- The Gulden Community Center

These girls dance to many different routines and will surprise you with their lively antics. They range in age from the early 60's to the late 90's. Their M/C, Wally, and music man, Larry, are in their early 90's. Join us for an enjoyable evening of Fun and Entertainment!

Saturday, May 21

## 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.



Monday, May 9

## Redeemed Trio

6:30pm- The Gulden Community Center-C Side

Redeemed Trio is a Southern Gospel Group that has been ministering music for the past 13 years. The group consists of Pastor Gary Bayes (owner of the group) Barney McFadden (Worship Minister) and Dale Boreing (Tenor). Redeemed will be ministering songs like How Great Though Art, The River Sweeter as the Day Goes By and many more. For a wonderful evening come out and share with Redeemed Trio.

Tuesday, May 10

## Medicare Questions Answered

1:00- 3:00pm- Wilson Lounge

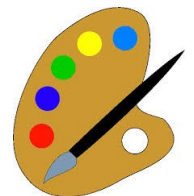
Join Steven Winter & Associates Insurance Agency for one on one private appointments regarding your Medicare and Medicaid options. Call Tina at x2086 to schedule an appointment.

Tuesday, May 10 & 24

## Watercolor Painting

1:00pm- 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.





Wednesday, May 11

### 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.



Thursday, May 12

### Storyteller Tennessee Rick

6:30pm- The Gulden Community Center

Rick Elliott, former high school teacher and coach, is not really a traditional storyteller but more of a raconteur. His stories center around personal experiences growing up on a small farm in southwestern Ohio. Experience the time-honored family tradition of storytelling with a genuine "Appalachian wordslinger" as your guide.

Saturday, May 14

### Irish Dance Recital

1:30pm- The Gulden Community Center

All Saints Irish Dancers is a homeschool recreational Irish dance school with 23 dancers from the age of 6 to 13. Come and see them dance at their end of the year recital which is being held at Twin Towers.



Thursday, May 19

### Bell Choir Pyropus

7:00pm- The Gulden Community Center

PYROPUS is a community hand bell choir. The name, PYROPUS, is the Latin name for bronze. The thirteen members of PYROPUS come from all over Greater Cincinnati. The spring concert includes a variety of tunes from patriotic to show tunes. The group was formed several years ago by a couple of retired music teachers.



Friday, May 20

### Trial of the Century - Taft vs. Remus:

#### A Travesty of Justice

6:30pm- The Gulden Community Center

Join Mark E. Plageman for a presentation about the Trial of the Century, 1927 Taft versus Remus. Remus had successfully defended a wealthy couple from Cincinnati in 1914 in Chicago who used Temporary Insanity as a defense plea. This presentation deals with the mistakes and lack of clarity on the part of the prosecution and defense.

Monday, May 23

### Reflections Jazz Duo

6:30pm- The Gulden Community Center

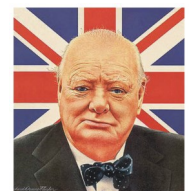
Reflections is a piano and standup bass professional musical pairing that delights audiences playing jazz standards, show tunes and popular song melodies in a jazz style. They take requests with the goal of pleasing their listeners each performance with resounding success.

Tuesday, May 24

### Historian Diane Shields

1:30pm- Parkview Room

Diane Shields will be giving a presentation on Winston Churchill. She is a moderator at the wonderful OLLI Program with the University of Cincinnati and is a frequent lecturer at various organizations and retirement communities.



Tuesday, May 24

### Twin Towers Toastmasters Meeting

6:30pm- Parkview Room

Toastmasters International is the largest selfhelp organization dedicated to communication about leadership training. Join us for a demonstration/discussion to learn what toastmasters is all about.

# EVENTS & PROGRAMS - OUTINGS



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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.**

Join us on the **1st Tuesday of every month** for a visit to The College Hill Coffee Co. and Casual Gourmet. Twin Towers is providing a continuous shuttle bus to and from the coffee house from **3:30pm to 5:30 pm**. 10% of the sales will go back to Twin Towers! A sign up sheet is located at The Towers Desk. CHCC is so much more than just coffee but also a full service restaurant. Enjoy a full menu of fresh made salads, hearty soups, deli and gr... sandwiches, award winning desserts, and pies m... find an incredible variety of gifts for any occasion and for anyone on your l...



Wednesday, May 4

### Cincinnati Reds vs San Francisco Giants

11:45am- Pick Ups Begin **Cost - \$30.00** (Includes ticket and transportation)

Join us at our first Reds game outing of the 2016 season. Reserve your spot quickly to enjoy the sights and sounds of Great American Ballpark as tickets are limited!

Friday, May 6

### Appalachian Festival at Coney Island

10:00am- Pick Ups Begin **Cost:** Festival- \$5. Lunch concession price ranges \$3 and up

Spend a fun and exciting day at the Appalachian Festival at the beautiful Coney Island with Tina and Erich. The festival is filled with educational exhibits, art work, unique crafts and music stages. Visit the living History Village as families will be camping in period time clothing, just as our Appalachian forefathers and mothers did 150 years ago! Demonstrations of Appalachian life with apple butter making, Dutch oven cooking, grist milling and more!



Thursday, May 12

### Taft Museum Exhibition: Impressions of Landscape and Lunch at Lindner Family Café

11:20am- Pick Ups Begin **Cost:** Ticket Price- \$12.

Charles François Daubigny is a central figure in the development of 19th century French landscape painting. He routinely painted outdoors to directly capture qualities of light and atmosphere, introduced the subject of spring orchards, and exhibited sketches that critics assailed as, "mere impression-impressionist paintings by Claude Monet, Vincent Van Gogh influence are on display.

# EVENTS & PROGRAMS - OUTINGS

Monday, May 16

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## Older Americans Month on Fountain Square with Terry Lee and The Rockaboogie Band

10:30am- Pick Ups Begin

We're celebrating older adults taking charge of their communities, and making a positive impact in the lives of other. Enjoy live music and dancing!  
(FLASH MOB with Residents and TT Staff!!)

Tuesday, May 17

## Findlay Market Tour, Shopping and Lunch

9:45am- Pick Ups Begin **Cost:** Tour - \$5



Experience the sights, sounds and smells of an old-fashioned public market in Cincinnati's historic Over-the-Rhine neighborhood that has been in operation since 1855. Findlay Market offers a diversity of delicious fresh foods, handmade goods, entertainment and so much more. The Tour includes a 30 minute overview of Findlay Market. They'll discuss the history, what's happening today and the future of the market.

Thursday, May 26

## Leading Age Ohio Regional Art Show and Lunch J'Austins Riverbank Café

9:45am- Pick Ups Begin **Cost:** Menu price ranges \$7.50 and up

We will attend the Leading Age Ohio Regional Art Show at Berkeley Square Retirement Community in Hamilton, Ohio. Our Residents who have their art work on display along with other senior living community art work in our Cincinnati region. Followed with lunch at J'.

## Reds Game Day Outings

Join us this summer as we enjoy America's greatest Ballpark. This season we will be making 4 separate trips down to watch and cheer on our beloved Cincinnati Reds. Check your Campus Informer each month for more details about how to sign up and 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 2016 Cincinnati Reds Games:

**Wednesday, May 4** vs San Francisco Giants at 12:35pm

**Wednesday, June 29** vs Chicago Cubs at 12:35pm (SOLD OUT)

**Tuesday, July 19** vs Atlanta Braves at 7:10pm

**Wednesday, September 7** vs New York Mets at 12:35pm

Call the Reservation Line at x2389 to reserve your tickets!





# MAY CALENDAR

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ð ý a x μ o ý ± u Ā μ 8 # x ± μ È p ± μ ä ý ý p È ý  
ð ý Ā μ È ý μ ó ÷ o ð ð ä ó ý 8 ó ä ð h ó È š ý

† μ ± p μ ÷ ± š U š š ý ä ý μ ý ó È ÷ ý a š ð ð ý y h x μ š « Ā μ š x x μ  
U š š ý ÷ ç ä ó ý Ā μ = ä š p ä ý ÷ ÷ ° ó ý o ý ± È ä  
Mó ý Ā μ ó u ó È ð  
† È ý " ä x È p Ā u Ā μ 8 x ± p È ± # ä ý ý p È ý  
# Ā š È ó t ä x x μ a š x x u Ā μ # 8 o È ± μ p # ä ý ý  
# š ý p ± a μ x x # Ā ä È ó k μ Ā μ š ó ÷ š x # Ā š ð μ ×  
# š ý Ā ä x È « U š ÷ ÷ # Ā š ð μ ×  
ð ý μ p " ó È ± Ā μ # š ó ± 8 š ý μ V È Ā Ā ý h š

u Ā ó ÷ ± š U š U š š ý ÷ ç ä ó ý Ā μ = ä š p ä ý ÷ ÷ ° ó ý o ý ± È ä  
# š š ð μ × # Ā ä È ó h ó š « ý È « μ # Ā š ð μ ×  
hš ý Ō ÷ ç ä ó V ä ó ý Ā Ā š ý μ U š x x † š x ý š ó ý  
ð ý x h š È p ý È p Ā ° ó ý o ý ± È ä  
# š ý Ā ä x È « U š ÷ ÷ # Ā š ð μ ×  
ð ý x x # Ā ä È ó h ó ä ð ÷ u Ā μ 8 x ± μ p # ä

7 ó È ± š U š 7 š ý μ ÷ È ± μ 7 ó È ± š - ± È ý È ä p † È μ È p Ā  
ð ý x Ō È ý Ā - š ÷ μ = š ± μ ó k ä ä ý  
ð ý ó È μ ý o š x μ k ä ä ý  
# š ý Ā ä x È « U š ÷ ÷ # Ā š ð μ ×  
Ō Ō h È h ó s μ ÷ = š ± μ ó k ä ä ý  
ð ý È s x ä ç ý Ā μ ý # μ p ý k p ý ÷ h ó μ ÷ μ p ý š ý È  
# ä ý ý p È ý # μ p ý μ ó

o š ý ó ± š U š ð ý x # š ý ð ÷ " È p Ā ä u Ā μ ð È x μ p # ä ý ý  
# š ý Ā ä x È « U š ÷ ÷ # Ā š ð μ ×

o p ± š U š #ššÝ Á ä × È « U š ÷ ÷ # Á š ð μ ×  
 oš Ý p ± š o « Á ä ä × ° ó ý 8 š × × μ ó  
 # Á š ð μ × o μ ó È « μ # Á š ð μ ×

U ä p ± š U š š Ÿ ä ä ± h ó μ ÷ ÷ ó μ # Á μ « Ö ÷ # × È p È «  
 Mš ä Á μ ó u ó È ð  
 #ššÝ Á ä × È « U š ÷ ÷ # Á š ð μ ×  
 š Ÿ μ ó 8 š ý Á μ ó È p Á k ä ä Ý  
 š Ÿ ç × μ « ý È ä p ÷ K š ) ä u Á μ 8 × ± u p

u μ ÷ ± š U š š Ÿ ý μ ó « ä × ä ó h š È p ý È p Á u Á μ ° ó ý o ý ±  
 š Ÿ ÷ ý ä ó È š p ) È š p μ o Á È μ × ± ÷ h š ó Ö È μ  
 #ššÝ Á ä × È « U š ÷ ÷ # Á š ð μ ×  
 š Ÿ a × μ o ý ± u Á μ 8 # × ± μ È p ± μ # ä Ý Ý p È ý

† μ ± p μ ÷ ± š U š UššÝ ÷ ç ä ó ý Á μ = ä Ÿ k ä Ÿ ÷ ÷ ° ó ý o ý ± È ä  
 \ššÝ p = ä ÷ μ " È ó ý Á ± š # μ × μ a ó š ý È ä p ç  
 Mš Ÿ ä Á μ ó u ó È ð  
 † È Ÿ " ä × È p Á u Á μ 8 × ± p È ± # ä Ý Ý p È ý  
 # Á š È ó t ä × × μ a š × × u Á μ # 8 o È ± μ p # ä Ý Ý  
 š Ÿ p ± a μ × × # Á ä È ó k μ Á μ š ó ÷ š × k ä ä Ý  
 š Ÿ È ÷ « ä ð š × U š ÷ ÷ # Á š ð μ ×  
 #ššÝ Á ä × È « U š ÷ ÷ # Á š ð μ ×  
 š Ÿ μ p " ó È ± Á μ # š ó ± 8 š Ý μ V È Á Á ý h š

u Á ó ÷ ± š U š š Ÿ « Ö y ð ÷ " μ Á È p ç ä ó O μ š ± È p Á Á μ \ Á È  
 O p « Á \ ý È p Á  
 UššÝ ÷ ç ä ó ý Á μ = ä Ÿ k ä Ÿ ÷ ÷ ° ó ý o ý ± È ä  
 #ššÝ ð μ × # Á ä È ó h ó š « ý È « μ # Á š ð μ ×  
 š Ÿ × h š È p ý È p Á ° ó ý o ý ± È ä  
 #ššÝ Á ä × È « U š ÷ ÷ # Á š ð μ ×  
 š Ÿ š ó μ š p ± O È p μ ) š p « È p Á = š ± μ ó k ä

7 ó È ± š U š 7ššÝó μ ÷ È ± μ 7 ó È ± š - ± È ý È ä p t È μ È p Á  
 š Ÿ × Ö È ý Á - š ÷ μ = š ± μ ó k ä ä Ý  
 #ššÝ Á ä × È « U š ÷ ÷ # Á š ð μ ×

o š ý ó ± š U š #ššÝ Á ä × È « U š ÷ ÷ # Á š ð μ ×

# MAY CALENDAR

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o p ± š U š

#šš ý Ā ä × È « U š ÷ ÷ # Ā š ð μ ×  
 oš ý ± š o « Ā ä ä × ° ó ý 8 š × × μ ó  
 ð ý ý ä ó È š × ) š # Ā š ð μ × o μ ó È « μ #

U ä p ± š U š



u Ā μ # ä p p μ « ý È ä p # x ä ÷ μ ± ç ä ó ° p p š  
 š ý ä ä ± h ó μ ÷ ÷ ó μ # Ā μ « Õ ÷ # x È p È «  
 " š ý × μ o ý ± U ) k ° p p μ  
 U š ý ä ó È š × ) š h ó ä Ā ó š ý u Ā μ 8 × ± μ  
 ð ý ä Ā μ ó u ó È ð # š p « μ × × μ ± ç ä ó = ä × È  
 ð ý ý Ā ä × È « U š ÷ ÷ # Ā š ð μ ×  
 ð ý š μ ó 8 š ý Ā μ ó È p Ā k ä ä ý

u μ ÷ ± š U š

u Ā μ # ä p p μ « ý È ä p # x ä ÷ μ ± ç ä ó ° p p š  
 š ý ± È š ý ó È ÷ ý ° š ð ð ý h × μ š ÷ μ « š × ×  
 ð ý « × š ó ) μ Ā μ p μ ó š ý È ä p O ä t È ÷ È ä p  
 ð ý ý Ā ä × È « U š ÷ ÷ # Ā š ð μ ×  
 ð ý × μ o ý ± u Ā μ 8 # x ± μ ð ± μ # ä ý ý p È

\* = Televised on Channel 1852

# SAVE THE DATE

SAVE the DATE!!

**The June Jubilee hosted by  
 The Auxiliary of Twin Towers  
 will be held on Thursday, June 9  
 in the Parkview Room  
 from 11:00 a.m. – 1:30 p.m.**

Invitations will be placed in  
 in-house mailboxes  
 the second week of May.

## Remaining 2016 Variety Sale Dates

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

## SAVE the DATE!!

**October 3 - 6, 2016**

**Pigeon Forge Trip**

**Tennessee**

**Detailed information  
 will be coming to your  
 mailbox soon!**



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## Essential Oils 101

Thursdays, June 2, 16, 23, 30

3:00pm - The Gulden Community Center (B -Side)

Essential oils are natural oils obtained by distillation and having characteristic fragrances of plants and other sources which can be used for your well-being. Sessions include introduction, aging, and pain managements.

*Call x 4100 to reserve your spot!*



KU`\_`k]h\`9UgY

**New Program!**

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Call The Connection x4100 to Sign Up!



**Join us for a Family Fun Day!**



**Jump on in! Bring your family and enjoy some pool fun!**

Saturday, May 7

1:00pm- 3:00pm

The Connection Aquatic Area

**Don't forget your bathing suit!**

**Fun - Snacks - Drinks**

**Reservations Required. Call The Connection at 853-4100**



*This event is open to Residents, Associates and Connection Members!!*

# 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. 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 45 min* **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 (pronounced 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. 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)**