

THE CAMPUS INFORMER

Save the Date: Blessing of the Angel Tree Remembrance & Recognition

Friday, December 1

6:30pm - Wilson Lounge

Each year we set aside time to celebrate and honor those who have passed and those who continue to impact our lives through hanging an angel on one of our trees.

Each Angel represents a gift of love for our residents, family member, or friend. Hundreds of angels have adorned our Christmas trees over the years. With your gift you support the Twin Towers Benevolent Care Fund.

Please join us for a powerful program for those memorialized and honored, a special holiday performance by the Cincinnati Boychoir Ambassadors, light refreshments, and caroling.

To make a gift to the Blessing of the Angel Tree, visit www.lec.org/donate, or call Matt at x2009. **Thank you for your generous support of our ministry!**

Inside this issue:

Spirituality, Christian Fellowship & Low Vision	2
For Your Information	3
Save the Date	4
Library News & November Movie	5
Events & Programs	6-7
Events & Programs Outings	8
Outings & November Calendar	9
November Calendar	10-13
Word Search & The Connection	14-16

Twin Towers is a Non-Smoking/
Tobacco Free Campus

Core Values
Respect ~ Innovation
Spirituality ~ Excellence



Twin Towers Senior Living Community



A Musical Feast Hits High Note!

Thank you to those who attended and supported the 2nd annual A Musical Feast on October 13th that took place at Twin Towers Senior Living Community.

Attendees enjoyed an evening of fine dining and entertainment, including performances by Twin Towers Artists in Residence from the University of Cincinnati College Conservatory of Music!

mission of the LEC Foundation, which provides benevolent and pastoral care for the residents of Twin Towers and Twin Lakes!

SPIRITUALITY

Page 2



Psalm 100 - A Psalm of thanksgiving.

- 1 Make a joyful noise to the Lord, all the earth.
- 2 Worship the Lord with gladness;
come into his presence with singing.
- 3 Know that the Lord is God.
It is he that made us, and we are his;
we are his people, and the sheep of his pasture.
- 4 Enter his gates with thanksgiving,
and his courts with praise.
Give thanks to him, bless his name.
- 5 For the Lord is good;
his steadfast love endures forever,
and his faithfulness to all generations.

CHRISTIAN FELLOWSHIP

Wednesday, November 1, 2017

6:20pm - Singspiration 6:30pm - Program

The Gulden Community Center

Program: St. Ursula Academy Vocal Ensemble, SUAVE is a 12 member selective ensemble. They lead the congregational singing in all school liturgies, and perform in a variety of events throughout the city, in addition to school concerts.

Christian Fellowship Book Study

Tuesday, January 9 10:15am - 12:00pm Gulden Community Center

God Will Carry You Through by Max Lucado "With God's help, you will get through this." Order forms will be available at the November 1st monthly meeting, at the Towers Desk and Carleen Delap's Office in Pastoral Care. Orders will be accepted until November 10th and delivered by December 1st. Challenge yourself and join us!

Additional information, contact anyone from the Book Study Committee.

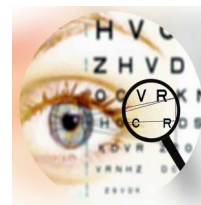
Helene Patterson, Connie Phipps, Bonnie Smart.

MACULAR DEGENERATION AND LOW VISION

Tuesday, November 28, 2017

1:30 -2:30PM - Hader Room

Please join us as we share experiences and find a way to ease low vision concerns, especially here at Twin Towers.



Special Guest Speaker: Sue Guagenti - a Visual Rehabilitation Therapy Specialist from Cincinnati Association for the Blind and Visually Impaired.

Sharon O'Neill, Social Worker, will also be present for questions. This meeting is open to any resident.

SAVE THE DATE

Page 4

Virtual Honor Flight

Wednesday, November 8

4:00pm - Gulden Community Center



We are hosting a very special event in recognition of our veterans' military service and accomplishments. This event will help us to honor those Assisted Living and Health Pavilion Residents not able to make the trip to Washington DC. When the program is over, there will be a celebratory parade and reception. **We encourage all Independent Living Residents to join us in this memorable experience by meeting outside the Gulden Center for the parade.** This is an opportunity to show your support and appreciation to our veterans. If you are a veteran of the military, we strongly encourage you to come in full military attire and participate in this significant event.

University of Cincinnati College of Pharmacy: Prescription Brown Bag Event

Saturday, November 11

11:00am – Art Gallery

Bring all of your current medications and learn about their use, side effects and interactions with other medications! Pharmacy students will be available to go over your prescription medications, over the counter medications, herbal medicines, and vitamins and supplements. Blood pressure screenings are also available!

Team Trivia Night

Wednesday, November 8 & Thursday, November 30

6:30pm – Parkview Room



You have all gained so much knowledge over the years, why not use that knowledge for a chance to win some prizes? 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 extension 2351.



The Variety Sale

Friday, November 17, 2017 Variety Sale Room 10B

11:00am-2:00pm

The Really BIG Holiday Sale!

As well as the usual bargains, fabulous furniture and housewares.

****The Variety Sale needs your Christmas and seasonal décor donations as soon as possible, in order for us to process them in time for the Nov. 17th Holiday Sale.****

Now taking all donations and accepting credit card sales.

Drop off your donations in the carts outside the Variety Sale area.

November

Pretty soon the days will grow shorter, there will be much to do with the hustle and bustle of holiday season upon us. Do you need a break? A half an hour with a good book can give you time to breathe. The Library has a great collection of books in our two rooms.

Take your pick of a few selections from the Paperback Room:

Mysteries: *The Association* or *The Confession* by John Grisham

Simple Genius by David Baldacci

Fiction: *Roots* by Stuart Woods

The Big Oyster by Mark Kurlansky

Perfect Hope by Nora Roberts



From the Hardback Room:

Large Print: *Mr. Monk and the Blue Fly* by Lee Goldberg

Blue Shoes and Happiness by Alexander Smith

Fiction: *Zero Day* by David Baldacci

Invisible by James Patterson

Bungalow by Daniel Steel

Now you are ready for the busy days ahead! See you in the Library!

NOVEMBER MOVIES



Queen of Katwe

Friday, November 3 - 6:30pm - The Gulden Community Center

Disney presents Queen of Katwe, a movie based on a vibrant true story starring Lupita Nyong'o and David Oyelowo, and directed by Mira Nair. A Ugandan girl's life changes forever when she discovers she has an amazing talent for chess, in this celebration of the human spirit.

2016

Run Time: 2 hours 4min

Rated: PG

Comedy/Romance Stars: Lupita Nyong'o, Madina Nalwanga

Please contact Tina Spicer x2086 with any movie suggestions!



EVENTS & PROGRAMS

Page 6

Wednesday, November 1, 15, 22, & 29

Chair Volleyball Practice

1:00pm - Gulden Community Center-C side

Due to another event there will be no chair volleyball Nov. 8th 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.

Helpful
Tips

Thursday, November 2 & 16

Toastmasters Meeting

6:30pm - Studio

Congratulations to Amy Brunner in taking 2nd place in the Division D Humorous Speech Contest! 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.

Friday, November 3

Card Making Class with Beth Klaine

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

Join us for the November card making class. November cards will have a Thanksgiving Day theme. All levels welcome, no experience needed.

Monday, November 6

Katja and Brian - Guitar and Vocals

6:30pm - Gulden Community Center

They will play a wide variety of popular music from as early as the 1930's to as recent as last week. Sing-along's, requests and good clean jokes.

Tuesday, November 7

Cincinnati Union Terminal: On the Tracks & Behind the Scenes

1:30pm - The Gulden Community Center

Engineer Nick Rechtin, will reveal the answers to the questions below at his virtual tour. Can you? Name the only/current passenger railroad now using Cincinnati's Union Terminal?

Name the seven railroads which used and collaborated in building that terminal?



And a much harder question: where did they go? (BTW, There were over 30 "named" trains that terminated at CUT)

Wednesday, November 8

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.



Artists-in-Residence Performances

6:30pm - The Gulden Community Center

Thursday, November 9: We cordially invite you and your family to enjoy an evening of beautiful music performed by Bryan Banowetz, classical pianist and Annie Barr, Soprano.

Thursday, November 16: You and your family are invited to share the evening of music performed by Harpist, Anna Odell and Cellist, Shu-Li Cheah.

Sunday, November 19: You and your family are invited to share the evening of music performed by Matthew McAllister. Animal Mother is Matt McAllister's jazz trio.



Tuesday, November 28: You and your family are invited to share the evening of music performed by Jazz Saxophone, Angela Coyle.

Monday, November 13

Master Storyteller Thane Maynard: Cincinnati Zoo Director

6:30pm – Gulden Community Center

Cincinnati Zoo Director Thane Maynard is internationally known for his dedication to wildlife preservation, research and education. He has authored more than a dozen books, the most recent, "Hope For Animals & Their World," was coauthored with Jane Goodall. Tonight Mr. Maynard will share incredibly unique adventures and stories with you as the Director of the Cincinnati Zoo. Mr. Maynard has a few extra special guests he would like for you to meet as well!



Monday, November 13 & 27

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.**

Tuesday, November 14 & 28

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

Wednesday, November 15 & 29

Photography Class with Ernest Worthing

Very Informative!

6:30pm - Studio

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 at x2086.**



Monday, November 20

College Hill Book Club

1:00pm - Studio

Come join the Club! Will Dinsmore, Branch Manager of the College Hill Library, is hosting a monthly book club at Twin Towers. You can join in any time. Pick up your copy of this months featured book at the office of **Tina Spicer x2086.**

Tuesday, November 21

Historian Diane Shields: World War 1

1:30pm - The Gulden Community Center

World War I ended in the signing of an Armistice, a cease fire. No real surrender; no real victory. Let's take a look at why both sides of the war were so willing to halt the fighting. Who were the World War I leaders making these decisions? What did the treaty of Versailles signify? Was it inevitable that 20 years later the stage will be set for another global war?

Saturday, November 25

All Campus Bingo

1:30pm - Studio



B – 4! Did you make any plans this Saturday? Remember that all are invited to stop by and test their luck at the chance to win!

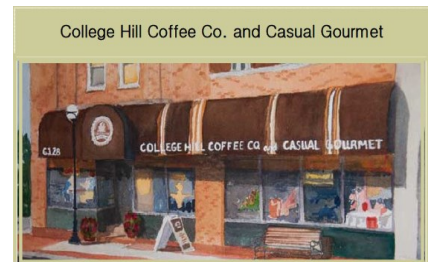


Reservations accepted Starting November 1st at 7:00am!

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.

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.



Thursday, November 9

Outing to Waynesville, OH

10:00am – Pick ups. Estimated return time 3:30pm **Cost:** \$5 Ticket. Menu \$9 and up



We will enjoy a home cooked lunch at The Cobble Stone Café. Cobblestone Café features tantalizing specialties made with only the finest and freshest ingredients that includes pasta, fresh seafood, extensive vegetarian selections, homemade soups, sandwiches, and desserts just to name a few. Browse through their shop, adorned with cathedral wood ceilings and wide plank wood floors. Everywhere you will find something that attracts the senses, from beautiful gifts and fashion accessories including jewelry, scarves, and handbags to one of a kind handmade art.

Our Waynesville excursion continues on to Museum at the Friends Home. Twenty-two rooms of historic exhibits are offered on three floors. Each room highlights a local community or an aspect of early Quaker life, period clothing, local medicine and education, and more! The Quaker Historical District is listed on the National Register of Historic Places.



EVENTS AND PROGRAMS OUTINGS

Thursday, November 16

Page 9

Lunch at Clifton Mill in Clifton, Ohio

10:15am – Pick ups begin. **Cost:** Menu \$5.49 and up

The restaurant inside Clifton Mill will serve you a truly home cooked meal. Fresh whole grain breads, pies and cookies are baked daily. Sit back and relax to the gentle sounds of the old mill wheel and the soft rhythm of the water gently cascading over the falls. Gaze out at some of the country's most beautiful natural scenery, Clifton Gorge and the Little Miami River. After you have enjoyed the great food, browse through the charming gift shop decorated with antiques and oddities from a bygone era. You will find jams, jellies, unique gift ideas, candles, cards, cookware, candy and more.

Thursday, November 30

Holiday Shopping at Kenwood Mall with lunch at The Cheesecake Factory

10:15am – Pick ups begin. Return by 3:30pm **Cost:** Menu \$7.99 and up

We'll get our shopping energy from our tasty lunch at The Cheesecake Factory. With more than 250 menu items and more than 50 signature cheesecakes and desserts, there is truly "Something for everyone!" Get all your Holiday gift shopping completed at the Kenwood Towne Centre in Cincinnati, the tri-state's premier enclosed shopping mall.

NOVEMBER CALENDAR

† μ ± ρ μ ÷ ± š	V ä	μ Ý ^a	μ ó	u ó	8	x ± μ	ρ	o	# ä ± Ý	Ý	ρ	È	ý	·	#
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·

u Ä	ó ÷ ± š	V ä	μ Ý ^a	μ ó	# Ä	Ý	ð	μ	x	#	Ä	ä	È	ó	h	ó	š	«	ý	È	«	μ	#	Ä	š	ð	μ	x
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·

7 ó È ± š	V ä	μ Ý ^a	μ ó	u Ä	Ý	·	7	ó	È	±	š	-	±	È	ý	È	ä	ρ	#	Ä	š	ρ	ρ	μ	x	·	·	·	·
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·
·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·	·

o š ý	ó ± š	V ä	μ Ý ^a	μ ó	U	-	#	=	°	V	8	-	#	š	ý	Ä	ä	x	È	«	U	š	÷	÷	#	Ä	š	ð
-------	-------	-----	------------------	-----	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

NOVEMBER CALENDAR

* = Televised on Channel 1852



o p ± š · Vä μ Ý^a μ ó o š Ÿ ± š · o « Å ä ä × · ó ý
· ð × · o š È Þ ý ÷ · o p ± š · #
· ð × Þ ä Þ · U μ μ ý È Þ Å · = š ± μ


U ä Þ ± š · Vä μ Ý^a μ ó "š Ÿ ä ä ± · h ó μ ÷ ÷ · ó μ · # Å μ « Õ ÷ · # × È Þ È «
š Ÿ « Å μ ý · † ä ó Õ · 8 ó ä ð · o ý ± È ä
ð Ÿ ý μ Ý ð × š ý È · μ · h ó š · μ ó · # Å š ð μ ×
Ó ä Å μ ó · u ó È ð ·
h ð Ä ä ý ä · # × š ÷ ÷ · h š ó ý · · o ý ± È ä
ð Ÿ ý Å ä × È « · U š ÷ ÷ · # Å š ð μ ×
Ÿ ý Ó š · š ± È " ý ó š È ó š È Þ Þ ± · † ä « š × ÷ · 8 · × ± μ Þ

u μ ÷ ± š · Vä μ Ý^a μ ó š Ÿ Þ ý μ Ý ð × š ý È · μ · h ó š · μ ó · # Å š ð μ ×
· š Ÿ È ä × ä Å È ÷ ý · · š ð ð ý · h × μ š ÷ μ · « š × ×
È Þ « È Þ Þ š ý È · y Þ È ä Þ · u μ ó Ý È Þ š × · ä Þ · ý μ
8 · × ± μ Þ · # ä Ý Ý · Þ È ý · # μ Þ ý μ ó
Ÿ ý Å ä × È « · # ä Ý Ý · o μ ó È « μ · # Å š ð μ × · š
h ð Ÿ · μ ó · 8 š ý Å μ ó È Þ Å · k ä ä Ý ·
· ð × Å μ È Ý μ ó ÷ · o ð ð ä ó ý · 8 ó ä ð · = š ± μ o ·

† μ ± Þ μ ÷ ± š · Vä μ Ý^a μ ó # Ÿ Å μ ó · u ó È ð ·
O ä # · u @ \ V · # = · V 8 - · † È È · " ä × È Þ Å · h š ó
Ý V # - O O -) · # Å š È ó · † ä × × μ · ä š × × · h ó š « ý
O @ O · V š ý È · μ · Ý μ ó È « š Þ · = È ÷ ý ä ó · #
· ð Ÿ Þ ±^a μ × × · # Å ä È ó · h ó š « ý È « μ · # Å š ð μ × ·
Ÿ ý Å ä × È « · U š ÷ ÷ · # Å š ð μ × ·
È Ý Ó μ · # ä Þ Þ μ × × ·) È ± · ä · Õ Þ ä · o ý
È Ý ó ý · š × · = ä Þ ä ó · 7 × È Å Å ý · # μ × μ^a ó š ý ä ó
μ š Ý · u ó È È š · V È Å Å ý · h š ó Õ È μ · k ä ä Ý
· ð ý μ Þ · " ó È ± Å μ · # š ó ± · 8 š Ý μ · V È Å Å ý · h

u Å ó ÷ ± š · Vä μ Ý^a μ ó # š Ÿ ð ÷ · ä ó · ä ý È Þ Å · ý ä · † š · Þ μ ÷ · È × × μ
Å š ð μ × · # Å ä È ó · h ó š « ý È « μ · # Å š ð μ ×
Ÿ ý Å ä × È « · # ä Ý Ý · o μ ó È « μ · # Å š ð μ × · š
" ð × × μ ÷ · š Þ ± · " μ š · # Å ä È ó · h ó š « ý È « μ ·
· ð ý È # ý μ ÷ · È ± μ Þ « μ · " ó š Þ · š Þ ± · Þ Þ È μ · 8

7 ó È ± š · Vä μ Ý^a μ ó h š Ÿ · μ ó · o Å š · × · U È Þ È ÷ ý ó · ó ä ä Ý ·
u š ý · 7 ó È ± š · - ± È ý È ä Þ · # Å š Þ Þ μ × ·
Å š ð × š È Þ ÷ · = ä ó · h š ó Õ È μ · k ä ä Ý ·
Ÿ ý Å ä × È « · U š ÷ ÷ · # Å š ð μ × ·
μ ÷ È ± μ Þ ý · # ä Þ « È × · U μ μ ý È Þ Å · 8 · × ± μ Þ

o š ý ó ± š · Vä μ Ý^a μ ó # Ÿ μ ÷ « ó È ð ý È ä Þ · " ó ä Þ · "  · o ý
Ÿ ý Å ä × È « · U š ÷ ÷ · # Å š ð μ

* = Televised on Channel 1852

o p ± š V ä μ Ý^a μ ó oš Ÿ ± š o « Ä ä ä x ° ó ý 8 š x x μ
 #Äš ð μ x ° o μ ó È « μ # Ä š ð μ x
 ° ð Ÿ p ä p U μ μ ý È p Ä = š ± μ ó k ä ä Ý

U ä p ± š V ä μ Ý^a μ ó "š Ÿ ä ä ± h ó μ ÷ ÷ ó μ # Ä μ « Ö ÷ # x È p È «
 # š Ÿ « Ä μ ý † ä ó Ö 8 ó ä ð o ý ± È ä
 # ä Ÿ μ ý ð x š ý È μ h ó š μ ó # Ä š ð μ x
 M ó ä Ä μ ó u ó È ð
 # ä ý ð ý μ ó o μ ó È « μ ÷ ° @ ó š « ä Ý ð ý μ
 # ö Ÿ ý Ä ä x È « U š ÷ ÷ # Ä š ð μ x
 U š ÷ ý μ ó o ý ä ó ý μ x x μ ó u Ä š p μ U š p š ó ±
 u Ä μ # È p « È p p š ý È - ä ä š p ± " ä ý š p È « š x

u μ ÷ ± š V ä μ Ý^a μ ó # ä Ÿ p ý μ ý ð x š ý È μ h ó š μ ó # Ä š ð μ x
 # ä Ÿ ± È š ý ó È ÷ ý ° š ð ð ý h x μ š ÷ μ « š x x
 † š ý μ ó « ä x ä ó h š È p ý È p Ä o ý ± È ä
 # ö Ÿ ý Ä ä x È « # ä Ý Ý o μ ó È « μ # Ä š ð μ x š p
 h ö Ÿ s μ ó 8 š ý Ä μ ó È p Ä k ä ä Ý

† μ ± p μ ÷ ± š V ä μ Ý^a μ ó M ó ä Ä μ ó u ó È ð
 † È È " ä x È p Ä 8 x ± μ " p # È ä ý μ p È ý # μ p
 # Ä š È ó † ä x x μ ° š x x h ó š « ý È # μ ÷ È μ x ± μ p
 # ö Ÿ p ± ° μ x x # Ä ä È ó h ó š « ý È « μ # Ä š ð μ x
 # ö Ÿ ý Ä ä x È « U š ÷ ÷ # Ä š ð μ x
 @ Ö k μ ÷ È ± μ p ý " È ó ý Ä ± š) È p p μ ó " @ p
 h Ä ä ý ä Ä ó š ð Ä # x š ÷ ÷ È ý Ä @ p ÷ ý ó « ý ä ó
 ð ö Ÿ μ p " ó È ± Ä μ # š ó ± 8 š ý μ V È Ä Ä ý h š

u Ä ó ÷ ± š V ä μ Ý^a μ ó # ö Ÿ ð ÷ ç ä ó x p « Ä ä ý È p Ä š ý # x È ç ý ä p
 # Ä š ð μ x # Ä ä È ó h ó š « ý È « μ # Ä š ð μ x
 h ö Ÿ ð ÷ ç ä ó V ä ó ý Ä Ä š ý μ U š x x † š x Ý š ó ý
 K ö Ÿ ÷ k μ ÷ È ± μ p ý \ ð μ p 7 ä ó Ý 8 x ± μ p
 # ö Ÿ ý Ä ä x È « # ä Ý Ý o μ ó È « μ # Ä š ð μ x š p
 " ö Ÿ x x μ ÷ š p ± " μ š # Ä ä È ó h ó š « ý È « μ
 ° ö Ÿ ý È μ ÷ È ± μ p « μ ° È È š s p x ± p Ä # ä Ý Ý p È
 u ä š ÷ ý Ý š ÷ ý μ ó ÷ U μ μ ý È p Ä o ý ± È ä

7 ó È ± š V ä μ Ý^a μ ó u ä ý 7 ó È ± š - ± È ý È ä p # Ä š p p μ x
 u ä ý † š ó È μ ý o š x μ = ä x È ± š o š x μ
 # Ä š ð x š È p ÷ = ä ó h š ó Ö È μ k ä ä Ý
 # ö Ÿ ý Ä ä x È « U š ÷ ÷ # Ä š ð μ x

o š ý ó ± š V ä μ Ý^a μ ó # ö Ÿ ý Ä ä x È « U š ÷ ÷ # Ä š ð μ x

NOVEMBER CALENDAR

o p ± š · V ä μ Ý^a μ ó ° š Ÿ ± š · o « Å ä ä × · ° ó ý · 8 š × × μ ó
 # Å Ÿ š ð μ × · o μ ó È « μ · # Å š ð μ ×
 ° ð ó ý È μ × ÷ È ± μ p « μ · U š ý ý Å μ · 8 × ± μ p · # ä
 ° ð Ÿ p ä p · U μ μ ý È p Å · = š ± μ ó · k ä ä Ý

U ä p ± š · V ä μ Ý^a μ ó ° š Ÿ ä ä ± · h ó μ ÷ ÷ ó μ · # Å μ « Õ ÷ · # × È p È «
 # š Ÿ « Å μ ý · † ä ó Õ · 8 ó ä ð · o ý ± È ä
 # ä Ÿ ý μ Ý ð × š ý È μ · h ó š μ ó · # Å š ð μ ×
 M ó ä Å μ ó · u ó È ð ·
 h ð Å ä ý ä ÷ · # × š ÷ ÷ · h š ó ý · · h š ó Õ È μ · # š
 # ð ä × × μ Å μ · = È × × · " ä ä Õ · # × ^a · o ý ± È ä
 # ð Ÿ ý Å ä × È « · U š ÷ ÷ · # Å š ð μ ×

u μ ÷ ± š · V ä μ Ý^a μ ó ° š Ÿ p ý μ Ý ð × š ý È μ · h ó š μ ó · # Å š ð μ ×
 ° ð Ÿ Å μ È Ý μ ó ÷ · o ð ð ä ó ý · 8 ó ä ð · h š ð Õ
 ° ð Ý ÷ ý ä ó È š p ·) È š p μ · o Å È μ × ± ÷ · † ä ó × ± †
 # ð Ÿ ý Å ä × È « · # ä Ý Ý · o μ ó È « μ · # Å š ð μ × š
 h ð Ÿ μ ó · 8 š ý Å μ ó È p Å · k ä ä Ý ·
 ° ð Ÿ Å μ È Ý μ ó ÷ · o ð ð ä ó ý · 8 ó ä ð · = š ± μ ð

† μ ± p μ ÷ ± š · V ä μ Ý^a M ó ä Å μ ó · u ó È ð ·
 u Å Ÿ p Õ ÷ Å È È p Å ·) š · o μ ó È « μ · # Å š ð u ×
 † ð È · " ä × È p Å · 8 × ± μ " p · # È ä Ý Ý · p È ý · # μ
 # Å š È ó · † ä × × μ ^a š × × · h ó š « ý È · # μ ÷ È & μ × ± μ
 ° ð Ÿ p ± ^a μ × × · # Å ä È ó · h ó š « ý È « μ · # Å š ð μ ×
 # ð Ÿ ý Å ä × È « · U š ÷ ÷ · # Å š ð μ ×
 ð ð μ p · " ó È ± Å μ · # š ó ± · 8 š Ý μ · V È Å Å ý · h

u Å ó ÷ ± š · V ä μ Ý^a μ ó # O \ o -) · « × È p È « · ý ó š p ÷ ð ä ó ý š ý È ä p ·
 ù ð U - · # = ° V 8 - · # š ý Å ä × È « · # ä Ý Ý · o μ ó È
 # š Ÿ # - O O -) · # Å š ð μ × · # Å ä È ó · h ó š « ý È « μ ·
 # ð Ÿ V # - O O -) · " μ × × μ ÷ · š p ± · " μ š · # Å ä È ó



7 ó È ± š · V ä μ Ý^a μ ó # O \ o -) · « × È p È « · ý ó š p ÷ ð ä ó ý š ý È ä p ·
 # ä p p μ « ý È ä p · ä ð μ p ·
 u Å Ÿ · 7 ó È ± š · - ± È ý È ä p · # Å š p p μ × ·
 # Å š ð × š È p ÷ · = ä ó · h š ó Õ È μ · k ä ä Ý
 # ð Ÿ ý Å ä × È « · U š ÷ ÷ · # Å š ð μ ×

o š ý ó ± š · V ä μ Ý^a μ ó ° ð Ÿ × · # š Ý ð ÷ · " È p Å ä · 8 × ± μ p · # ä Ý Ý p È
 # ð Ÿ ý Å ä × È « · U š ÷ ÷ · # Å š ð μ ×

* = Televised on Channel 1852

NOVEMBER CALENDAR

* = Televised on Channel 1852

o p ± š · Vä μ Ý^a μ ó ' o š Ÿ ± š · o « Å ä ä × · ° ó ý · 8 š × × μ ó
 # Å Ÿ š ð μ × · o μ ó È « μ · # Å š ð μ ×
 ° ð Ÿ p ä p · U μ μ ý È p Å · = š ± μ ó · k ä ä Ý

U ä p ± š · Vä μ Ý^a μ ó "š Ÿ ä ä ± · h ó μ ÷ ÷ ó μ · # Å μ « Õ ÷ · # × È p È «
 # š Ÿ « Å μ ý · † ä ó Õ · 8 ó ä ð · o ý ± È ä
 # ä Ÿ ý μ Ý ð × š ý È μ · h ó š μ ó · # Å š ð μ ×
 M ó ä Å μ ó · u ó È ð ·
 # ä Ÿ Ÿ ð ý μ ó · o μ ó È « μ ÷ · ° @ ó š · « ä Ý ð ý
 # ð Ÿ ý Å ä × È « · U š ÷ ÷ · # Å š ð μ ×

u μ ÷ ± š · Vä μ Ý^a μ ó # ä Ÿ p ý μ Ý ð × š ý È μ · h ó š μ ó · # Å š ð μ ×
 · h ä Ÿ ± È š ý ó È ÷ ý · ° š ð ð ý · h × μ š ÷ μ · « š × × ·
 · Ÿ Ÿ « × š ó) μ Å μ p μ ó š ý È ä p · O ä · † È ÷ È ä p
 · ð Ÿ È ÷ « ä ð š × · U š ÷ ÷ · # Å š ð μ ×
 · † Ÿ ý μ ó « ä × ä ó · h š È p ý È p Å · o ý ± È ä
 · # Ÿ ý Å ä × È « · # ä Ý Ý · o μ ó È « μ · # Å š ð μ × · š
 · h ä Ÿ š μ ó · 8 š ý Å μ ó È p Å · k ä ä Ý ·
 · ° ð Ÿ ý È Ÿ μ ÷ ÷ È ± μ p « μ · ° p Å μ × š · 8 × ± μ p · # ä Ý

† μ ± p μ ÷ ± š · Vä μ Ý^a M ó ä Å μ ó · u ó È ð ·
 · † ð È · " ä × È p Å · 8 × ± μ p · # È ä Ÿ ý p È ý · # μ
 · # Å Ÿ š È ó · † ä × × μ · ° š × × · h ó š « ý È · # μ ÷ È & μ × ± μ
 · ð Ÿ p ± ° μ × × · # Å ä È ó · h ó š « ý È « μ · # Å š ð μ × ·
 · # Ÿ ý Å ä × È « · U š ÷ ÷ · # Å š ð μ ×
 · h ä Ÿ ä ý ä Å ó š ð Å · # × š ÷ ÷ · È ý Å · @ p ÷ ý ó « ý ä
 · ð Ÿ μ p · " ó È ± Å μ · # š ó ± · 8 š Ý μ · V È Å Å ý · h

u Å ó ÷ ± š · Vä μ Ý^a μ ó # š Ÿ ð ÷ · ç ä ó · = ä × È ± š · o Å ä ð ð È p Å · š ý · M μ
 · ý Å μ · # Å μ μ ÷ μ « š Õ μ · 7 š « ý ä ó
 · # Å š ð μ × · # Å ä È ó · h ó š « ý È « μ · # Å š ð μ ×
 · # Ÿ ý Å ä × È « · # ä Ý Ý · o μ ó È « μ · # Å š ð μ × · š
 · " ð μ × × μ ÷ · š p ± · " μ š · # Å ä È ó · h ó š « ý È « μ ·
 · Ÿ μ š Ý · u ó È È š · V È Å Å ý · h š ó Õ È μ · k ä ä Ý





Thanksgiving Day

Find all of the Thanksgiving related words from the list below. The words can be up, down, forward, backward, or diagonal.

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

AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST

FREEDOM
GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER

MILES STANDISH
NEW WORLD
NOVEMBER
PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS

SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS



Fall Series 2017: Aqua Burst

Monday's & Wednesday's
August 28, 2017 - December 13, 2017

5:15pm - 6:00pm

The Connection Aquatic Area

Cost: Members of The Connection - FREE
Cincinnati State Participants- \$65 Class Pass

No Scheduled Class:

(UNLESS OTHERWISE NOTIFIED BY INSTRUCTOR)

Monday, Nov. 13th & 20th & Wednesday, Nov. 22nd

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



Pilates for Healthy Movement

Fridays, September 8- December 29th

3:00PM - The Hader Room

Cost

Residents and Members:

\$5 per class or \$15 per month

Non-Members of The Connection:

\$7 per class or \$21 per month



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 muscle, restore balance, stretch, and tone muscles.

Living is Learning Presents:

Join Janice Trytten, a historian specialized in Native American History and Culture. "Visitors of the Plains" will be an exciting living history, reenactment historical context, and interactive lecture with soothing Native American music based on the fur trade. What a great way to be engaged with history!

Date: Wednesday, November 8th, 2017

Location: The Hader Room

Time: 1:00pm Cost: Free

Call the Connection at 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- Session August 28- December 13 This class will focus on cardiorespiratory endurance incorporating interval and circuit training, strength training with a multitude of equipment (noodles, paddles, kickboards and more!), muscle tone, core work and flexibility. *(This class is also open to Cincinnati State students, faculty and staff.) High Intensity.*

Monday, Wednesday 5:15pm * See Connection Staff for pricing.

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)

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 Sept - Dec 2~~ 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.**