

TWIN LAKES PRESS

December 2017

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 www.lec.org



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Twin Lakes Senior Living Community

Six Dimensions of Wellness

Emotional • Intellectual
Physical • Social
Spiritual • Vocational



Resident and Associate Christmas Party

Friday, December 15th

Christmas gathering in the Chapel at 4:00pm. Dinner will start at 4:30pm.

No reservations are needed.



The Twin Lakes Chapel Committee sincerely thanks the following: the managers and associates within various Twin Lakes administrative areas whose moral support and logistical aid helped make the dream of **"A Twin Lakes Taper, the gift of talented musicians and speakers at the November 21 celebration in the Chapel who graciously offered their time and services; the residents and associates who attended the celebration; and residents and associates who generously contributed food, personal care items and monetary donations to Matthew 25: Ministries. Working cooperatively to share our gratitude for this national holiday and for the blessings we enjoy in our lives at Twin Lakes has been a wonderful way to start our holiday season! We appreciate every kind action and word of support.**

New Year's Eve Party

Sunday, December 31st
6:00pm to 8:00pm in the
Art Studio.

Remembrances of New Year's Past. Big Band-style music with a chance to dance! HBO Band.
Leader Walt Griesinger.



Campus Notes

CENTRAL CAMPUS

Resident Meeting

Thursday, December 7th at
4:00pm in the Chapel

Coffee Chat

Tuesday, December 19th at
10:00am in the Card Room

NORTH CAMPUS

Resident Meeting

Friday, December 1st
at 9:00am at the
Clubhouse

Coffee Chat

Friday, December 15th at
9:00am at the
Clubhouse

SOUTH CAMPUS

Resident Meeting

Friday, December 1st at 10:30am in
the Montgomery Room

Welcome New Residents!

Central Campus
Gerard and Virginia Poll
Joan Barker

Health and Therapy

Services

Services include blood pressure screenings, dressing changes, B-12 injections, PT/INR testing and many other services. Psychological Services are available; please call x1320 for an appointment.

Podiatry Clinic

Monday, December 11th &
Tuesday, December 12th
Call X1320 to schedule your appointment.

Reminder regarding the Vial of Life

Please be sure your medical information, medications, and emergency contact numbers are up-to-date. If your Vial is missing or if you need assistance, please call x1320.

If you would like a **Wellness Visit** (functional assessment and update Vial of Life), please call Joan x1320 to schedule.

Walk-in Clinic hours

Tuesday and Thursday, 11:00am-2:00pm
Joan is on campus Monday, Tuesday and Thursday 8:00am-4:00pm. On the days/evenings Joan is not on campus, residents may call Hannaford Court (Assisted Living Unit) X1329 for assistance with non emergency needs.

You may leave a message anytime (X1320), and your call will be returned when Joan returns to the office.

Free Hearing Evaluations

Friday, December 8th
Call X1320 to schedule your appointment.

Dermatology services are available in the Health and Therapy Suite. The next available Dermatology clinic is Thursday, March 1st, 2018. Please call X1320 for appointment or to be put on the wait list.

Health and Therapy

HealthPRO®/Heritage presents: **Defying Gravity**

Join us for our multi-station clinic on falls with a free balance screening to determine your overall fall risk potential.

Event: Defying Gravity

Date: Friday, December 8th

Time: 11:00am

Location: Montgomery Room



HEALTHPRO®



HERITAGE

A Note From Jim

Purposeful Living

This is the time of year we are more grateful and more appreciative than at other times of the year. I believe you must demonstrate daily an attitude of gratefulness to receive appreciation. Living or being grateful, we all must live with a purpose. In my career I have been around so many wonderful people and a common denominator to these wonderful people is that they are grateful and appreciative and live with a purpose.

Purposeful living is usually in relation to some success they had winning at a sporting event, winning a best actor award, or being awarded the Nobel Peace Prize. But do we have to be fabulously successful at some glamorous profession to be able to feel purposeful in our life, or is there more to it than that?

I have been so fortunate to work with many successful people. Many times I have said that these wonderful folks have taught me to live with a purpose. Life experiences in this business have shown me that there are common themes to purposefulness!

#1: Live in the present.

This is looking at the present moment to make a difference, and not worrying about past mistakes and fearing the future, but leading with your heart. Being disappointed is normal, but dwelling on disappointments is not healthy, realizing there are reasons for every unfavorable outcome. Then learning by understanding the reasons, this is purposeful.

#2: Focus on one thing.

There is much to do about being a multi-tasker. Actually people believe that multi-taskers are actually very successful. This actually is not the truth. Multi-tasking is a short term habit that everyone does, but it is not their real purpose. Have you ever noticed when you multi-task that nothing exceptional gets done. Things get done and done nicely, but when you focus on one thing and only one thing the outcome is really pretty amazing. When you focus you concentrate on the details and the real meaning of why and the purpose of your actions.

#3 Make changes today....not tomorrow.

Procrastination is the devil to success. Doing things now, like making changes today, not after the Holidays or after vacation, but now! It will help us to fulfill our purpose when we make changes to our life today, not tomorrow. If you want to take up a new endeavor, take a first step today before you've lost yet another opportunity to fulfill your purpose.

#4 Serving others.

Serving is one of the greatest gifts we can give. By serving others we are helping that individual and the community as a whole. We serve and we are fulfilled; that becomes a reason to serve more. This internal feed-back mechanism is the reason people in the service business continue to serve others for the reward of fulfillment. Serving others is the purposeful living, period.

#5 Practice

Daily practice means focusing, not putting things off. Serving others is living with a purpose.

It is practice, after all, that makes purpose. Thank you for living with a purpose here at Twin Lakes.

Campus Shop

The Campus Shop

Hours:

Monday - Friday: 9:30am - 12:00pm, 1:30pm - 4:00pm, & 6:00pm - 7:30pm
Saturday - Sunday: 1:00pm - 3:00pm

Phone:

513 - 247-1346

CELEBRATE ALL THE HOLIDAYS OF THE CHRISTMAS SEASON WHILE SUPPORTING THE BENEVOLENT CARE AND PASTORAL CARE FUNDS

The Campus Shop is decorated for all the December Holidays with an array of gift items. Why don't you come to the Campus Shop and take a look?! Best wishes to everyone for a very Merry Christmas, and a happy and prosperous 2018.

The Campus Shop is ready with holiday gift bags, cards for gifts of check or cash, assorted cocktail napkins, wreath hangers, wonderful scarves in many colors and styles, jewelry, decorations, and much, much more. Visit and browse the Shop in order to appreciate all the lovely items available. Don't wait! It might be too late! Encourage your family members, friends, and former neighbors to also come to Twin Lakes and patronize the Shop. It is a misconception that only Twin Lakes residents can patronize the Shop.

The much anticipated pecans, chocolate covered pecans, and cashews are available and going fast. We will not be reordering; so stop in soon before they are all gone.

Boxed Christmas cards are available. Beautiful hand crafted Ann Flournoy Christmas cards are priced as marked. All these cards sell out quickly. So hurry in!

A nice gift to present to a host or hostess over the holidays is a gift card from Benken's Florist. The gift card recipients can choose their own plants or flowers or use the gift card in the spring when purchasing new plantings. When you purchase the Benken's Gift Card at the Campus Shop, the Shop makes a profit of \$5.

The Campus Shop is a gathering place with very friendly volunteers. If you are exhausted from shopping, and wrapping gifts, and writing cards, drop in for a cup of coffee, tea or hot cocoa. We also have soft drinks and a selection of 100% juices to take care of your thirst. Tables and chairs are available inside and outside the Shop.

The Campus Shop will be closed Christmas Eve and Christmas Day, and New Year's Eve and New Year's Day so our faithful volunteers can enjoy the holidays.

The Campus Shop's popular Sale Cart and sale items will return in early January, 2018. The sale cart will be ever changing so check it out frequently and don't miss the bargains.

PLEASE DO NOT LET ALL THE CONSTRUCTION STOP YOU FROM PATRONIZING THE CAMPUS SHOP. WE NEED ALL THE RESIDENTS AND ASSOCIATES AS CUSTOMERS.

Spiritual

Catholic Mass

Catholic Mass is celebrated every Wednesday morning in the Chapel at 10:30am. Because of the solemnity of the celebration, please arrive a few minutes before Mass begins.

Celebrants for the month of ~~D e c e m b e r~~ r

December 6th	Fr. Albert Bischoff, S. J.
December 13th	Fr. Pat Krone
December 20th	Fr. Albert Bischoff, S. J.
December 24th(Sunday)	Fr. Albert Bischoff, S. J.
December 27th	Fr. Tom Wray

Televised on Channel 1852 at 10:30am.

Sunday Ecumenical Worship Services

All Are Welcome! Come As You Are!
All services are held in the Chapel at 4:00pm.

December 3rd	Advent Begins Chaplain Jerry Mueller Special Music: Avedis Manoogian
December 10th	Armstrong Chapel Bell Choir
December 17th	Chaplain Jerry Mueller Special music: Roger Miller
December 24th	Candle Light Christmas Service Chaplain Jerry Mueller Special Music: Sarah Smith
December 31st	Chaplain Jerry Mueller Special Music: Avedis Manoogian

Televised on Channel 1852 at 4:00pm.

7 \ U d ` U] b Ñ g ` 7

Jesus said, "It is more blessed to give than receive," as noted by the apostle Paul in Acts 20:35. That fact is certainly well-illustrated in this Christmas season. For example, the joy that comes to parents of young children as they watch them eagerly open the gifts that "Santa" brought. A joy-filled blessing also comes from donating presents to families who are not financially able to buy gifts for their children or helping to serve a Christmas dinner in a homeless shelter.

There is also, however, a blessed joy in **receiving** that I have recently experienced during this time of having major surgery. I have had joy in knowing that people at Twin Lakes have been praying for a successful surgery and recovery. Receiving get-well cards and a beautiful bouquet at home, as well as warm greetings on my return, have all been a part of my joy.

The Card attached to the flowers read, "From your friends and family at Twin Lakes." It is a wonderful gift to be a part of such a loving and caring family! To paraphrase the words of Tiny Tim in "A Christmas Carol," "May God bless you one and all this Christmas season."

-Chaplain Jerry Mueller

Spiritual

Surviving the Holidays

For most people, the Holidays usually bring to mind thoughts of family, friends, presents, and fellowship around the table. But for anyone grieving the loss of a loved one, the holidays can be painful.

The GriefShare Surviving the Holidays seminar offers a safe place for people to learn how to deal with all the demands and emotions the holidays can bring. If you have suffered the loss of a loved one in the past year or two, and are concerned about how you'll deal with the Holidays this year, please plan to attend this two hour session, provided by Chaplain Tim Crowley on Monday, December 4th from 10:00am until 12:00pm in the Chapel.

Please let Tim know that you are attending by calling him at extension 1365. If he's not there, leave a message.

****Catholic Mass on Christmas Eve will be held on Sunday, December 24th at 3:00pm in the Chapel****



Transportation

Just a friendly reminder that the Transportation office is CLOSED on weekends and your voicemail will be returned on Monday morning.

Need a ride? Have an appointment?

Twin Lakes provides both private and medical transportation services.

Appointments must be made five (5) days in advance, are available on a first come, first served basis, and are subject to availability. Please call Keith at extension 1355 for any questions.



SHOPPING SHUTTLE Montgomery Shopping Center

McKinley and Villas at 9:00am

Central Campus at 9:30am

Continuous return trips until 11:00am

Thursdays in December : 7 t

Kohl's Shuttle

Wednesday, December 20 t

Kenwood Towne Centre and Kenwood Theater

Wednesday, December 27 t

Return Trips: 12:00pm, 1:00pm, 2:00pm, and
3:00pm

Bulletins

Enjoy a complimentary birthday luncheon with Jim Mayer!

If your birthday is in **December**, and you would like to attend the luncheon on **Wednesday, December 15th** in the **Main Dining Room** at 12:00pm, you *must RSVP* to the Connection at X1333 by **Friday, December 15th**.

Birthday Cake Party

Thursday, December 21st at 1:00pm in the Art Studio

NEW ART CLASS!

ART CLASS WITH DEE DEE BERNHARDT

Every Tuesday starting December 5th in the Pottery Studio



This class is very flexible with different mediums and levels of experience! Work on an individual project with instruction from Dee Dee as she walks around assisting each person.

Come and join in a great social activity while learning something new! Try a new art medium like water colors, oil pastels, colored pencils, or charcoal/graphite! All of these supplies are included in class. If you are an oil or acrylic painter, canvas will be supplied along with some options for brushes, so please bring your own paints, brush cleaner, turpentine and preferred brushes. Basic oil and acrylic paints will be supplied for those who would love to give painting a try! Art is fun, relaxing and a great way to express yourself!

Attention Twin Lakes Singers!!

The Twin Lakes Singers will be meeting on Sunday, December 3rd, 10th and 17th at 7:00pm in the Fireside Room.

Hope to see everyone there!

New Bridge Class

The Cincinnati Bridge Association will begin a 9 week bridge class starting Wednesday, January 3rd from 3:10pm to 5:00pm. The cost per resident will be \$135 which includes a book and materials for the class. **A minimum of 8 residents is needed to start this class.** Please call Ashley at extension 1352 if you are interested or if you have any questions.

Big Screen Movies

Beauty and the Beast

2017, Rated PG, 129 minutes

Saturday, December 2nd

In this live action version of the Disney adapted animated feature, young Belle yearns to escape her ordinary existence -- and her village's boorish suitors -- until she becomes imprisoned in the castle of a monstrous prince.

Julie and Julia

2009, Rated PG-13, 123 minutes

Saturday, December 9th

This heartwarming, truth-inspired tale stars Amy Adams as Julie Powell, who decides to spice up her uneventful life by cooking all 524 recipes outlined in Julia Child's culinary classic *Mastering the Art of French Cooking*.

Night at the Museum

2006, Rated PG, 105 minutes

Saturday, December 16th

Chaos reigns at the natural history museum when night watchman Larry Daley accidentally stirs up an ancient curse, awakening Attila the Hun, an army of gladiators, a Tyrannosaurus rex and other exhibits.

All movies will be shown at 1:00pm in the M&E Room.

There will be no movie shown on Saturday, December 23rd and Saturday, December 30th. Enjoy your holidays!


Movie Matinee Featuring "A Christmas Carol"

Wednesday, December 20th at 3:00pm in the M&E Room

Oscar winner George C. Scott stars as penny-pinching miser Ebenezer Scrooge in this critically acclaimed television adaption of Charles Dickens's holiday classic. After working into the wee hours on the night before Christmas, Scrooge returns home to find the ghost of his former associate (Frank Finlay) and the promise of visits from three more spirits. Will the dawn of a new day bring a new Scrooge? David Warner co-stars as Bob Cratchit.

Snacks and drinks will be provided.

Calendar of Events

Sunday	Monday	Tuesday	Wednesday
	<p>KEY TO THE AREAS</p> <p>AA Aquatic Area AS Art Studio BR Billiards Room CC Central Campus CF Cafe CH Chapel CON The Connection</p>	<p>CL Clubhouse at NC CR Card Room CS Campus Shop DS Daystar Room LIB Twin Lakes Library LIL Living Is Learning FS Fireside Lounge</p>	<p>M&E Movement & Edu MCK McKinley Place MDR Main Dining Room Mont Montgomery Room NC North Campus PS Pottery Studio SC South Campus RT Rotunda WCC Welcome Center Conf.</p>
3	4	5	6
<p>4:00 Ecumenical Worship Service - CH 7:00 Twin Lakes Singers - FS</p>	<p>Sign Ups Close 9:30 Muscles in Motion - M&E 10:30 Specs Fix - AS 10:30 Chair Yoga - M&E 11:00 Aqua Level 2 - AA 1:30 Bible Study - CR 2:30 Aqua Level 3 - AA 3:15 Coloring Book Club - CR</p>	<p>9:00 Art w/ Dee Dee - PS 10:00 Circuit Training - M&E 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 American Mahjong - FS 1:30 Social Bridge - CR 2:00 History Talk - CH 2:30 Aqua Level 3 - AA 3:00 Play BINGO! - AS 7:00 Life in a Wee Scots Village - CH</p>	<p>9:30 Muscles in Motion - M&E 10:00 Coffee and Art - PS 10:30 Catholic Mass - CH 11:00 Aqua Level 2 - AA 11:00 Bank Day - LIB 11:15 Hand & Foot - CR 1:00 Snowman Ornaments - AS 2:30 Aqua Level 3 - AA 7:00 Jeannie Groh Trio - CH</p>
10	11	12	13
<p>4:00 Ecumenical Worship Service - CH 7:00 Twin Lakes Singers - FS</p>	<p>9:30 Muscles in Motion - M&E 10:30 Specs Fix - AS 10:30 Chair Yoga - M&E 11:00 Aqua Level 2 - AA 1:30 Bible Study - CR 2:30 Aqua Level 3 - AA 3:15 Coloring Book Club - CR 7:00 Queen City Sisters - CH</p> <p style="text-align: center;"><i>Rudino's Night</i> 5:</p>	<p>9:00 Art w/ Dee Dee - PS 10:00 Circuit Training - M&E 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 American Mahjong - FS 1:30 Social Bridge - CR 2:30 Aqua Level 3 - AA 3:00 Play BINGO! - AS 7:00 Light Up Middletown</p>	<p>9:30 Muscles in Motion - M&E 10:00 Coffee and Art - PS 10:30 Catholic Mass - CH 11:00 Bank Day - LIB 11:10 Mystery Lunch 11:15 Hand & Foot - CR 2:30 Aqua Level 3 - AA 3:00 Alzheimer's Support - DS 4:00 Friends of Twin Lakes Meeting - CH 7:00 Mike Pendell - FS</p>
17	18	19	20
<p>4:00 Ecumenical Worship Service - CH 7:00 Twin Lakes Singers - FS 7:00 Armstrong Chapel Christmas Messiah</p>	<p>9:30 Muscles in Motion - M&E 10:30 Specs Fix - AS 10:30 Chair Yoga - M&E 11:00 Aqua Level 2 - AA 1:30 Bible Study - CR 2:30 Aqua Level 3 - AA 3:15 Coloring Book Club - CR 3:30 "Bookies" - CL 4:20 Holiday Dinner</p> <p style="text-align: center;"><i>City Barbeque</i> F 10:30 am to 10</p>	<p>9:00 Art w/ Dee Dee - PS 10:00 CC Coffee Chat - CR 10:00 Circuit Training - M&E 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 American Mahjong - FS 1:30 Social Bridge - CR 2:30 Aqua Level 3 - AA 3:00 Play BINGO! - AS 4:00 Christmas Caroling through Campus</p>	<p>9:30 Muscles in Motion - M&E 10:00 Coffee and Art - PS 10:30 Catholic Mass - CH 11:00 Aqua Level 2 - AA 11:00 Bank Day - LIB 11:15 Hand & Foot - CR 2:00 Kohl's Shuttle 2:30 Aqua Level 3 - AA 3:00 Movie Matinee "A Christmas Carol - M&E 7:00 HBO Band - CH</p>
24	25	26	27
<p>3:00 Catholic Mass 4:00 Ecumenical Worship Service - CH</p>	<p>10:30 Specs Fix - AS 1:30 Bible Study - CR 3:15 Coloring Book Club - CR</p> <p style="text-align: center;">The Connection is Closed No Transportation</p> <p style="text-align: center;">Merry Christmas!</p>	<p>9:00 Art w/ Dee Dee - PS 10:00 Circuit Training - M&E 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 American Mahjong - FS 1:30 Social Bridge - CR 2:30 Aqua Level 3 - AA 3:00 Play BINGO! - AS</p>	<p>9:30 Muscles in Motion - M&E 10:00 Coffee and Art - PS 10:30 Kenwood Towne Center Shuttle 10:30 Catholic Mass - CH 11:00 Aqua Level 2 - AA 11:00 Bank Day - LIB 11:15 Hand & Foot - CR 2:30 Aqua Level 3 - AA</p>
31			
<p>4:00 Ecumenical Worship Service - CH 6:00 New Year's</p>			
3 2			

December 2017

Thursday	Friday	Saturday
	Sign Ups Open 1 9:00 NC Resident Meeting - CL 9:30 Muscles in Motion - M&E 10:30 SC Resident Meeting -Mont 11:00 Aqua Level 2 - AA 1:30 Scrabble - CR 1:30 Aqua Bike Circuit - AA 2:00 Art for Everyone - AS 2:30 Aqua Level 3 - AA	Sign Ups Close 2 10:30 Joyful Joints - AA 1:00 Movies with Adam - M&E <u>Beauty & Beast</u> 5:00 Holiday in the Village - AS 7:00 Bingo - Cafe 7:15 Open Bridge - CR <i>Connection Hours</i> <i>8:00 am- 12:30 pm</i>
7	8	9
9:00 MCK, NC and SC Villas Kroger Shuttle 9:15 Mighty Wurlitzer Concert 9:30 CC Montgomery Kroger Shuttle 10:00 Circuit Training - M&E 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 2:30 Moves and Grooves - M&E 2:30 Aqua 20-20-5 - AA 4:00 CC Resident Meeting - CH 7:00 Pyropus Handbell Choir - CH	9:30 Muscles in Motion - M&E 11:00 Aqua Level 2 - AA 11:00 Therapy Program - MONT 1:30 Scrabble - CR 1:30 Aqua Bike Circuit - AA 2:30 Aqua Level 3 - AA 6:40 POPS: Holiday POPS	10:00 SC Ladies Coffee Chat-MDR 10:30 Joyful Joints - AA 1:00 Movies with Adam - M&E <u>Julie & Julia</u> 7:00 Bingo - AS 7:15 Open Bridge - CR <i>Connection Hours</i> <i>8:00 am- 12:30 pm</i>
14	15	16
9:00 MCK, NC and SC Villas Kroger Shuttle 9:30 CC Montgomery Kroger Shuttle 10:00 Circuit Training - M&E 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 Duplicate Bridge - CR 2:30 Moves and Grooves - M&E 2:30 Aqua 20-20-5 - AA 7:00 Forest Aires Women's Chorus - CH	9:00 NC Coffee Chat - CL 9:30 Muscles in Motion - M&E 11:00 Aqua Level 2 - AA 1:30 Scrabble - CR 1:30 Aqua Bike Circuit - AA 2:00 Art for Everyone - AS 2:30 Aqua Level 3 - AA 4:00 Resident/Associate Christmas Dinner - CH	10:30 Joyful Joints - AA 1:00 Big Screen Movie - M&E <u>Night at the Museum</u> 7:00 Bingo - AS 7:15 Open Bridge - CR <i>Connection Hours</i> <i>8:00 am- 12:30 pm</i>
21	22	23
9:00 MCK, NC and SC Villas Kroger Shuttle 9:30 CC Montgomery Kroger Shuttle 10:00 Circuit Training - M&E 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 Birthday Cake Party - AS 2:30 Moves and Grooves - M&E 2:30 Aqua 20-20-5 - AA 7:00 Redeemed Trio - CH	9:30 Muscles in Motion - M&E 11:00 Aqua Level 2 - AA 1:30 Scrabble - CR 1:30 Aqua Bike Circuit - AA 2:30 Aqua Level 3 - AA	10:00 SC Ladies Coffee Chat-MDR 10:30 Joyful Joints - AA 7:00 Bingo - AS 7:15 Open Bridge - CR <i>Connection Hours</i> <i>8:00 am- 12:30 pm</i>
28	29	30
9:00 MCK, NC and SC Villas Kroger Shuttle 9:30 CC Montgomery Kroger Shuttle 10:00 Circuit Training - M&E 11:00 Balance Class - M&E 11:00 Aqua Level 1 - AA 1:00 Duplicate Bridge - CR 2:30 Moves and Grooves - M&E 2:30 Aqua 20-20-5 - AA	9:30 Muscles in Motion - M&E 11:00 Aqua Level 2 - AA 11:40 Explore Your Appetite 1:30 Scrabble - CR 1:30 Aqua Bike Circuit - AA 2:30 Aqua Level 3 - AA	10:00 SC Ladies Coffee Chat-MDR 10:30 Joyful Joints - AA 7:00 Bingo - AS 7:15 Open Bridge - CR <i>Connection Hours</i> <i>8:00 am- 12:30 pm</i>
		3

Going Out

SIGN-UPS REMINDER

Please note that Sign-ups will open on the 1st day of the month and will close the 4th day of the month. To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/ VILLA number. If you are on the list for the outing(s) you want, you will be notified within the first 3 days after sign ups through a confirmation slip. If you are on the wait list, you will receive a notice in your box stating your place on the wait list for the specific outing.

Armstrong Chapel Christmas Messiah Concert

Sunday, December 17th at 7:00pm

Come along to hear the wonderful sounds of a Christmas Messiah Concert at Armstrong Chapel!

*** Limited to 12 residents ***

Transportation Schedule:

- ◁ South Campus Mail Kiosk: 6:20pm
- ◁ Central Campus Apt. Building: 6:25pm
- ◁ Clubhouse at North Campus: 6:30pm

To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to* Tw

Mystery Lunch

Thursday, January 4th

Cost: \$7 transportation, plus lunch on your own.

Transportation Schedule:

- ◁ South Campus Mail Kiosk: 11:10am
- ◁ Central Campus Apt. Building: 11:15am
- ◁ Clubhouse at North Campus: 11:20am

To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to* Tw

EnterTrainment Junction Train Display

Thursday, January 18th at 1:00pm

Cost: \$16 includes ticket and transportation

EnterTRAINment Junction has the largest train display in the world! 90 large, G-scale trains run on over 2 miles of track with a panoramic journey through three distinct times in U.S. history in a 25,000 square-foot interactive display.

Please be aware that this is an hour to an hour and a half walking tour

Transportation Schedule:

- ◁ South Campus Mail Kiosk: 12:20pm
- ◁ Central Campus Apt. Building: 12:25pm
- ◁ Clubhouse at North Campus: 12:30pm

To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to* Tw

Going Out

Explore Your Appetite to Vincenzo's Italian Restaurant Wednesday, January 17th

Cost: \$7 transportation, plus lunch on your own.

Transportation Schedule:

- ◁ South Campus Mail Kiosk: 11:10am
- ◁ Central Campus Apt. Building: 11:20am
- ◁ Clubhouse at North Campus: 11:25am

To sign up, please call the Activity Line at X1321.
Leave your name, phone number, and APT/VILLA
number. *E s t i m a t e d t i m e b a c k t o*

The National Voice of America Museum of Broadcasting Tuesday, January 9th at 10:00am

Cost: \$12 includes ticket and transportation, plus lunch on your own.

The story of international broadcasting comes alive. For more than 70 years, an iconic building has dominated the landscape on a plot of land located just north of Cincinnati, in West Chester Township, Ohio. For thousands of area residents, the Art Deco façade has been a landmark. More significant is that for many, living in foreign lands, it remains a source of inspiration. It was from this site that millions of people in thousands of cities and hamlets worldwide first learned about the United States. Our culture, values and dedication to freedom and the democratic process became bright beacons of hope and aspiration as the Voice of America beamed its broadcasts from this rural hill top in Ohio to millions around the world.

Transportation Schedule:

- ◁ South Campus Mail Kiosk: 9:20am
- ◁ Central Campus Apt. Building: 9:25am
- ◁ Clubhouse at North Campus: 9:30am

To sign up, please call the Activity Line at X1321.
Leave your name, phone number, and APT/VILLA
number. *E s t i m a t e d t i m e b a c k t o*

The Crooked Handle Brewery Tour

Tuesday, January 23rd at 4:30pm

Cost: \$7 transportation, plus \$10 if you would like to take a beer home.

Join us for local craft beer brewed at the Springboro, Ohio taproom. They offer a casual inviting atmosphere perfect for enjoying a pint with friends or making new ones. With 17 draft taps, a selection of fine whiskies, cider, and wine you are sure to find just what you are looking for! We will be taking a tour of the brewery with a chance to try some different beers! Pizza and beer will be served from Papa John's at the brewing company.

** L i m i t e d t o 2 0 r e s i d e n t s **

Transportation Schedule:

- ◁ South Campus Mail Kiosk: 3:40pm
- ◁ Central Campus Apt. Building: 3:45pm
- ◁ Clubhouse at North Campus: 3:50pm

To sign up, please call the Activity Line at X1321.
Leave your name, phone number, and APT/VILLA
number. *E s t i m a t e d t i m e L a b l a e s k t o*

Staying In

Montgomery's Holiday in the Village

Saturday, December 2nd from 5:00pm to 7:30pm in the Art Studio

Enjoy Christmas Carolers, gingerbread crafts for kids, cookies and punch for all!



History Talk

By: Tom Stroheldt

**Tuesday, December 5th at 2:00pm
in the Chapel**

A Life in a Wee Scots Village Presentation

By: Janet Dieman

Come along to Scotland where you design your own adventure, witness life in a wee village, and experience the simple pleasures of an *untour*.

**Tuesday, December 5th at 7:00pm in the
Chapel**

Snowman Ornaments

Come to the Art Studio on **Wednesday, December 6th** between 1:00pm-2:00pm to make a Snowman Ornament for the Holidays!

Jeannine Groh Trio

Jeannine is known for her luscious vocals and versatile piano style. Her trio consists of piano/keyboards, bass, drums, and vocals. Come hear some Christmas tunes from Jeannie's Trio!

Wednesday, December 6th at 7:00pm in the Chapel

Pyropus Handbell Choir

Thursday, December 7th at 7:00pm in the Chapel

Pyropus is a community handbell choir which was founded in 2010 by Brenda Huffines and Lissa Ray. Both Brenda and Lissa are retired music teachers from the Sycamore Community School District. Their intent was to create a handbell choir that would perform secular music in a variety of venues. Many of the members play in their church handbell choirs. Due to the amount of time and variety of music these members are playing, they are quite skilled in the techniques of ringing. Come and enjoy the beautiful sounds of handbells!

Queen City Sisters

Monday, December 11th at 7:00pm in the Chapel

The swingin' beat of the Queen City Sisters will have you tapping your toes and snapping your fingers. This a cappella women's trio dazzles audiences with their close harmony arrangements of songs from the 1930s, 40s, and 50s! In 2013 the Queen City Sisters began from a desire to bring a touch of old Hollywood glamour to Cincinnati audiences. Classic songs by Rosemary Clooney, Doris Day, The Andrews Sisters and more round out an entertaining song list.

Staying In

Mike Pendell

Specializing in popular music performed on the piano, Mike involves the audience with non-stop singing, humor and memories that you will enjoy!

Wednesday, December 13th at 7:00pm in the Fireside Room

The Forest-Aires Women's Chorus

Enjoy your favorite Christmas tunes with this fun group of ladies!

Thursday, December 14th at 7:00pm in the Chapel

Christmas Caroling!

Tuesday, December 19th at 4:00pm

Christmas Carolers from Sycamore High School will be here to spread some Christmas Cheer!

Come and enjoy your favorite Christmas songs with friends you love!

The group will be starting in the Rotunda!

Movie Matinee "A Christmas Carol" on Wednesday, December 20th at 3:00pm in the M&E Room

Howard Bloemker Orchestra (HBO Band)

Wednesday, December 20th at 7:00pm in the Chapel

Music will include big band, swing, Latin, Dixieland, Broadway/show tunes, the Great American Songbook, some jazz, pop and country.



Redeemed Trio: Southern Gospel Led by Pastor Gary Bayes

Tuesday, December 21st at 7:00pm in the Chapel

Twin Lakes Singers

The Twin Lakes Singers will meet on Sunday, December 3rd, 10th and 17th at 7:00pm in the Fireside Room.

New Year's Eve Party!

Sunday, December 31st from 6:00pm to 8:00pm in the Art Studio.

Remembrances of New Year's Past. Big Band-style music with a chance to dance! HBO Band. Leader Walt Griesinger. Followed with a Champagne Toast to bring in the New Year!

The Connection

Holiday Hours in the Connection

The Connection will be closed on Christmas Day, and New Year's Day

Happy Holidays! - The Connection Staff

Tips to Stay Fit

Senior health experts say that a sedentary lifestyle can rob seniors of much of their health and enjoyment of life. Still, many older adults might be concerned about the safety of activities like bicycling, swimming, dancing, or tennis. The following health tips can help ease those concerns:

- Pay attention to your body. "Exercise at a level where you feel like you're working a bit, but it shouldn't feel extremely hard," Ewing Garber says.
- Pay attention to your surroundings. "The hard part as people are getting older is they don't notice that they don't see as well, react as quickly, or have the same balance," says Garber
- Warm up and cool down before exercise. It's important that seniors warm up to help prepare the body for the workout to come, and they should also bring down their heart rate during a cool-down phase at the end of an exercise session.
- Drink plenty of fluids. Don't forget your fluids — even when you may not feel thirsty. Staying hydrated is always important, but especially on hot days.
- Watch out for the weather. Seniors can be more vulnerable than others to extreme cold or heat. Be sure to dress appropriately, and move inside to exercise when the weather isn't cooperating.
- Use the proper equipment. Wear a helmet when bicycling and comfortable shoes when walking, for example. The right equipment can keep you safe and prevent injury.
- Be prepared to change activities if you need to. Runners may develop knee problems and have to switch to another sport, warns Ewing Garber, acknowledging "that can be pretty traumatic for some people." But if you can find something else you like quickly, you won't lose your fitness level.

Holiday Sweater Day

Show your Holiday spirit and wear your favorite Holiday Sweater on Friday, December 22nd!



Brainy Bits

7 NEW BRAINY BITS: THE MOST RECENT NEWS ON BRAIN HEALTH

Research has confirmed that people of all ages—even those in their 80s—can improve cognitive function and even reduce their risk of Alzheimer’s Disease and other dementias through certain lifestyle behaviors. The brief synopses below highlight the most recent research into brain health.

1. A Little Walking Goes a Long Way.

Experts recommend that older adults get 150 minutes of aerobic activity per week. However, recent research shows that just 75 minutes per week of brisk walking or other aerobic exercise can result in cognitive benefits. But keep in mind, upping your aerobic exercise also brings more cognitive benefits.

2. Boost Your Heart-Healthy Behaviors.

Practicing good heart health can greatly reduce your risk of cognitive impairment. The American Heart Association’s Simple 7 survey measures important factors for heart health that we can modify—such as weight and smoking. A study of older adults who took the survey found that those who scored well had a 35 to 37 percent lower risk of cognitive impairment. Take the test at www.heart.org/MyLifeCheck.

3. Dance, Dance, Dance.

Dancing regularly can improve cognition in older adults, according to one study. Study participants didn’t show any cardiovascular improvement—which suggests the benefits in cognition came from the emotional involvement or intellectual challenges of their dance class.

4. Make the Cocoa Connection.

A recent study found that older adults who drank two cups of cocoa a day for a month showed improved blood flow on brain scans and better scores on cognitive tests.

5. When Socializing, Think Big.

Research has shown that social activity is associated with better memory and other cognitive benefits, but which is better for your brain—smaller, intimate gatherings, or larger group interactions? One new study shows that although a lot of socializing of either type is associated with better cognitive performance, larger group interactions have stronger associations with better cognitive performance.

6. Be Better at B12.

Research suggests that as many as 43 percent of older adults may have B12 deficiencies. The bad news: low levels of this vitamin have been associated with depression, dementia, and increased confusion. Get more B12 in your diet through dairy, fish, and beef.

7. Challenge Yourself.

Older adults who learn a particularly challenging new skill such as photography and photo editing have significantly better cognitive performance afterwards. A year later, brain scans and cognitive tests still showed the brain benefits of taking on an intellectual challenge.

LEC Foundation

THANK YOU for a wonderful 2017!

It has been an absolute pleasure and honor joining Life Enriching Communities Foundation and serving Twin Lakes this year. Thank you for welcoming me into your community and into your homes. I have met so many compassionate and incredible people and look forward to spending more time with you in the coming year!

With your help, the LEC Foundation has made great impact on the lives of our residents and associates in 2017. *I am thankful for your support...nothing we do would be possible without you!*

We look forward to doing even better in 2018 and perpetuating the mission of Life Enriching Communities and helping others live their best life possible. Merry Christmas and may God richly bless you and your families this upcoming year.



Gretchen Ramstetter
Development Manager for LEC Foundation, serving Twin Lakes

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When you make a gift to Life Enriching Communities Foundation this year, we both benefit. Your generosity enables us to meet urgent needs and carry out our mission of “helping others live their best life possible.” Plus, you are able to choose how your gift is used and receive a charitable deduction on your income taxes when you itemize. To receive these benefits, however, you must time your gift appropriately.

Connect the Dots for Giving by Dec. 31

To receive an income tax deduction this year, the following gifts must be completed on or before Dec. 31.

1. Cash: All contributions sent through the mail are usually deductible if mailed by midnight on Dec. 31.
2. Stock: Deductible on the date it is fully transferred (if done electronically) to our books—not the date you ask your broker to make the transfer.

3. Gifts that provide income: Considered in place once you return the signed contract to the LEC Foundation along with your gift.

4. Real estate: Considered complete on the date a properly executed deed is delivered to the LEC Foundation (in most states).

5. Tangible personal property: Complete once the property is delivered to the LEC Foundation.

6. Life insurance: Considered complete on the date you sign the paperwork transferring ownership to the LEC Foundation, assuming you properly forward the form on to the insurance company.

7. IRA charitable rollover gifts: Gifts must be completed by Dec. 31 for you to receive the tax benefits this special donation opportunity offers.

Thank you for your support!

It is because of your generosity that we are able to carry out our mission of “helping others live their best life possible.” For more information, please contact: Gretchen Ramstetter at x1362 or gretchen.ramstetter@lec.org.

LEC Foundation



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DECEMBER 18, 2017 - TWIN LAKES