

TWIN LAKES PRESS

January 2018

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 www.lec.org



Twin Lakes Senior Living Community

Six Dimensions of Wellness

Emotional • Intellectual
Physical • Social
Spiritual • Vocational



THANK
YOU

Thank you from all the Associates to all the residents at Twin Lakes for the Christmas Gifts. Your generosity and kindness are very much appreciated this Holiday Season.

May the NEW YEAR bring joy, peace and happiness to you and your entire family... Happy New Year!

2018
Happy New Year!

Campus Notes

CENTRAL CAMPUS

Resident Meeting

Thursday, January 4th at
4:00pm in the Chapel

Coffee Chat

Tuesday, January 16th at
10:00am in the Card Room

NORTH CAMPUS

Resident Meeting

Friday, January 5th at
9:00am at the
Clubhouse

Coffee Chat

Friday, January 19th at
9:00am at the
Clubhouse

SOUTH CAMPUS

Resident Meeting

Friday, January 5th at 10:30am in
the Montgomery Room

Welcome New Residents!

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

Tuesday, January 2nd &
Monday, January 22nd
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, January 12th
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
Please call X1320 for appointment or to be
put on the wait list.

Health and Therapy

HealthPRO®/Heritage presents: **Vow to Wow! Be the Best You**

Join us for a short lecture and interactive discussion on the benefits of engaging in health and wellness, turning everyday activities into purposeful movement, and tips for aging well.

Event: Vow to Wow! Be the Best You

Date: Friday, January 19th

Time: 11:00am

Location: Montgomery Room



HEALTHPRO®



HERITAGE

A Note From Jim

Happy New Year
2018

Every new year most of us make New Year's Resolutions; we try to be better at eating right, make an effort to save money, and perhaps even learn a new skill. I believe that the new year always gives a person a fresh look at the tremendous possibilities to improve our lives or even better to help improve someone else's life. This year many new residents will be moving into our community. This will open up a whole world of possibilities for new relationships.

I always look forward to the new possibilities for the New Year. Yes, trying to eat better and be a better person can be goals, but really how can we change this year differently from any other year? I was reading about changing habits, and I read that it actually takes a conscious effort for about 6 weeks to change a habit to a subconscious behavior. For instance, remember when you first started driving, your hands were locked on the steering wheel at "10" and "2" and your eyes were firmly fixed on the road ahead. You would not dare be distracted because of the fear of wrecking your car. Now you sometimes drive while listening to a radio station, you roll down the window and even talk on the phone. Driving has become a subconscious behavior! So this small example is evidence that any behavior change can definitely happen if you are motivated enough to do so.

Now you must make a conscious effort for a period of time with motivation to change behaviors and to stay motivated. There are three types of motivation: fear motivation is doing something because you fear the consequences. It usually does not have a long term effect. Incentive motivation means you gain something by changing your behavior, so the success factor is usually longer. The best motivation then is achievement motivation. This is an accomplishment feedback mechanism you get when you notice a change in behavior. You gain confidence because of the change in behavior. Achievement behavior works the best for me!

I have experienced fear behavior by doing something or negative consequences will occur—driving the speed limit for example. I have experienced incentive motivation by doing something in order to get a prize or recognition. However achievement behavior is for me the motivation of conscious behavior change that gives me confidence and accomplishment feedback to keep improving; therefore, keeping motivated to change. Look at the most successful people who are extremely confident in their action because they have paid attention to feedback that will correct their behavior or promote new behavior. Over time this achievement motivation will give the needed confidence to change.

With this information in mind I am intending to open this new year of 2018 with new opportunities, new possibilities, and new, confident behavior.

Thank you for living here at Twin Lakes and May we all look forward to a confident, successful 2018!

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

BEST WISHES TO ALL OF OUR RESIDENTS, ASSOCIATES, VOLUNTEERS AND CUSTOMERS FOR A VERY HAPPY NEW YEAR FILLED WITH GOOD HEALTH, HAPPINESS AND GOD'S BLESSINGS IN 2018.

The Campus Shop thanks all of our customers for their patronage in 2017 and we ask your continued support in 2018. The net profit from operating the Campus Shop benefits the Benevolent Care and Pastoral Care Funds. Please encourage all your family and friends to visit and patronize the Campus Shop if they have not done so.

Winter began on December 21, and hot coffee, tea and cocoa are available in the Campus Shop to take away the chill which has arrived. Stop by and get a warming cup for just \$1. Delicious pastries and cookies are also available to have with your hot drink. Tables and chairs outside the shop are available so you can relax.

The Campus Shop will have a "BIG AFTER CHRISTMAS SALE" in January, 2018 with lots of bargains. Come and browse and check out all the sale items.

Please continue to save the flip tabs from cans for the Ronald McDonald House. A container for the tabs is on the counter in the Campus Shop.

The Campus Shop has a wonderful selection of greeting cards for all occasions for \$1 plus tax. Our card racks and one spinner are continuously replenished by the supplier.

All of Ann Flournoy's hand crafted cards are priced as marked. These beautiful cards are donated to us by Ann and really help our bottom line. We encourage you to take advantage of our great selection of inexpensive and attractive greeting cards for all occasions.

If your young relatives like to visit the Campus shop, purchase some \$1 Campus Shop gift certificates for them for birthdays or other occasions so they can shop when visiting. The gift certificates can be used on any non-taxable items in the shop which include candy, chips, popcorn, milk, 100% juice, etc.

PLEASE DO NOT LET ALL THE CONSTRUCTION KEEP YOU FROM THE CAMPUS SHOP. WE NEED ALL OF OUR 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 January are:

January 3rd	Fr. Albert Bischoff, S. J.
January 10th	Fr. Pat Krone
January 17th	Fr. Albert Bischoff, S. J.
January 24th	Fr. Pat Krone
January 31st	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.

January 7th	Chaplain Jerry Mueller Special Music: Lester Sporing
January 14th	Holy Communion Special Music: Lynn Miller
January 21st	Chaplain Jerry Mueller Special music: Sara Smith
January 28th	Chaplain Jerry Mueller Special Music: TBA

Televised on Channel 1852 at 4:00pm.

Chaplain's Corner

The beginning of a new year is often the time for people to make resolutions for their life. Perhaps it is to go on a diet to take off the extra weight gained from indulging too much in holiday treats, or maybe to spend less time thinking about our self and more about the needs of others.

One of my favorite poems comes from the words of Cincinnati's poet, Helen Steiner Rice: "In this troubled world it's so refreshing to find, someone who still has the time to be kind. Someone who still has the faith to believe that the more we give, the more we receive. Someone who's ready by thought, word or deed, to reach out a hand in the hour of need."

Another resolution might be to pray more for peace in our country and in the world as the memory of Longfellow's poem, set to music as a Christmas carol, "*I Heard the Bell on Christmas Day*", still lingers in our memory: "And in despair I bowed my head 'There is no peace on earth,' I said, 'for hate is strong and mocks the song of peace on earth, good-will to men'. Then pealed the bells more loud and deep: "God is not dead or doth He sleep; the wrong shall fail, the right prevail, with peace on earth, good will to men."

Whatever your resolutions may be, if you make any, stick with them. Have a happy New Year!

Spiritual

What Families Need to Know....

When the Diagnosis is Alzheimer's Disease or Related Dementia A Care and Support Workshop for Family Caregivers

Caring for someone with cognitive impairment is a 24-hour a day, 7-day a week challenge. This series of educational sessions provides an opportunity for families to learn and share together in an informal setting. Topics are presented by experts in their fields, including physicians, nurses, social workers and attorneys.

Two-Part Series

Saturdays, January 13th and 20th

9:00am - 1:00pm

Bethesda North Trihealth Hospital

This program is free of charge but reservations must be made with Tim Crowley. Please contact Tim at extension 1365 for more information.

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 January: 4th, 11th, 18th, 25th

Kenwood Towne Centre and Kenwood Theater

Wednesday, January 31st at 10:30am
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 **January**, and you would like to attend the luncheon on **Wednesday, January 17th** in the Main Dining Room at 12:00pm, you *must RSVP* to the Connection at X1333 by **Friday, January 12th**.

Birthday Cake Party

Thursday, January 25th at 2:00pm in the Art Studio

Movies with Adam!

Do you love movies and hanging out with friends? Join Adam every Saturday of the month at 1:00pm in the M&E Room for a great movie! If you have any movie requests, please drop off your requests with Ashley, Jackie or Adam.

Walden's Memory in the Making Art Show

Monday, January 15th starting at 2:00pm through Wednesday, January 17th until 4:00pm in the Fireside Room.



Twin Lakes Bible Study

New Study: "Who is The Holy Spirit"
Begins Monday, January 15, 2018
1:30pm - Card Room

Book Discussion Group

It's not too late to sign up. RSVP to Chaplain Tim at extension X1365. The group meets every other Wednesday from 1:00-2:00pm in The Art Studio starting January 3rd. The book that will be read is *The Greatest Generation*, by Tom Brokaw. This book is available at Amazon.com or at BarnesandNoble.com. The price is in the \$14 to \$18 range. The facilitators are Chaplain Tim Crowley and Dr. Bill Moran.

Big Screen Movies

Captain Fantastic

2016, Rated R, 119 minutes

Saturday, January 6th

Having raised his six children in the wooded isolation of the Pacific Northwest, Ben Cash is suddenly drawn back into civilization by a shocking tragedy. As the kids face an unfamiliar world, Ben begins to reexamine his approach to parenting.

Allied

2016, Rated R, 124 minutes

Saturday, January 13th

During a perilous World War II mission in Casablanca, French-Canadian operative Max Vatan falls in love with and weds French spy Marianne Beausejour. After learning that Marianne may be a Nazi double agent, Max launches an investigation of his wife.

The Big Stick

2017, Rated R, 119 minutes

Saturday, January 20th

After meeting at a stand-up comedy show, funnyman Kumail and graduate student Emily embark on a romance. But as the expectations of his strict Muslim family create conflict between the couple, their relationship begins to crumble.

The Zookeeper's Wife

2017, Rated PG-13, 127 minutes

Saturday, January 27th

After the Nazis invade Poland, Warsaw Zoo caretakers Antonina and Jan Zabinski place themselves in grave danger when they begin collaborating with the Resistance in an effort to save Jews from the horrors of the Warsaw Ghetto.

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

Movie Matinee Featuring "Hello, My Name is Doris"

Wednesday, January 31st at 3:00pm in the M&E Room

Inspired by insights gained through a self-help seminar, 60-year-old Doris Miller brazenly steps forward to pursue the affections of a much younger co-worker -- and inadvertently becomes a hit with his hipster cohorts.

Snacks and drinks will be provided.

Calendar of Events

Sunday	Monday	Tuesday	Wednesday
1	Sign Ups Open The Connection is Closed No Transportation Happy New Year!	2	3
7	8	9	10
4:00 Ecumenical Worship Service - CH 7:00 Twin Lakes Singers - FS	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 4:00 Dick Watson - FS <i>Rudino's Night 5:00pm to 7:00pm</i>	9:00 Art w/ Dee Dee - PS 9:20 VOA Museum Tour 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 Caroline Plays Piano - FS	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 Life History Project - CH 2:30 Aqua Level 3 - AA 3:00 Alzheimer's Support - DS
14	15	16	17
4:00 Ecumenical Worship Service - CH	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 2:00 Walden's Memory in the Making - FS 2:30 Aqua Level 3 - AA 3:15 Coloring Book Club - CR 3:30 "Bookies" - CL	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	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 Explore Your Appetite 11:15 Hand & Foot - CR 1:00 Book Discussions - AS 2:30 Aqua Level 3 - AA 7:00 Maureen's Musical Revue - FS
21	22	23	24
4:00 Ecumenical Worship Service - CH 7:00 Twin Lakes Singers - FS	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 The Smokies Fire 2016- CH <i>City Barbeque Fundraiser</i> <i>10:30am to 10:00pm</i>	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 3:40 Crooked Handle Brewery Tour 7:15 Ladies Chat - AS	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 Reds Traveling Display - CH 2:30 Aqua Level 3 - AA
28	29	30	31
4:00 Ecumenical Worship Service - CH	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 Life in A Wee Scots Village - CH	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 1:00 American Sign Museum 1:30 Social Bridge - CR 2:30 Aqua Level 3 - AA 3:00 Play BINGO! - AS 7:00 Magician Brett	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 1:00 Book Discussions - AS 2:30 Aqua Level 3 - AA 3:00 Movie Matinee - M&E 7:00 Dulcimer Society - CH
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January 2018

Thursday	Friday	Saturday
<p style="text-align: right; margin-right: 10px;">4</p> <p>Sign Ups Close</p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle</p> <p>9:30 CC Montgomery Kroger Shuttle</p> <p>10:00 Circuit Training - M&E</p> <p>11:00 Balance Class - M&E</p> <p>11:00 Aqua Level 1 - AA</p> <p>11:10 Mystery Lunch</p> <p>2:30 Moves and Grooves - M&E</p> <p>2:30 Aqua 20-20-5 - AA</p> <p>4:00 CC Resident Meeting - CH</p>	<p style="text-align: right; margin-right: 10px;">5</p> <p>9:00 NC Resident Meeting - CL</p> <p>9:30 Muscles in Motion - M&E</p> <p>10:30 SC Resident Meeting -Mont</p> <p>11:00 Aqua Level 2 - AA</p> <p>1:30 Scrabble - CR</p> <p>1:30 Aqua Bike Circuit - AA</p> <p>2:00 Art for Everyone - AS</p> <p>2:30 Aqua Level 3 - AA</p>	<p style="text-align: right; margin-right: 10px;">6</p> <p>10:30 Joyful Joints - AA</p> <p>1:00 Movies with Adam - M&E <u>Captain Fantastic</u></p> <p>7:00 Bingo - AS</p> <p>7:15 Open Bridge - CR</p> <p style="text-align: center;"><i>Connection Hours</i> 8:00 am– 12:30 pm</p>
<p style="text-align: right; margin-right: 10px;">11</p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle</p> <p>9:30 CC Montgomery Kroger Shuttle</p> <p>10:00 Circuit Training - M&E</p> <p>11:00 Balance Class - M&E</p> <p>11:00 Aqua Level 1 - AA</p> <p>1:00 Duplicate Bridge - CR</p> <p>2:30 Moves and Grooves - M&E</p> <p>2:30 Aqua 20-20-5 - AA</p> <p>7:00 Reflections Jazz Duo - FS</p>	<p style="text-align: right; margin-right: 10px;">12</p> <p>9:30 Muscles in Motion - M&E</p> <p>11:00 Aqua Level 2 - AA</p> <p>1:30 Scrabble - CR</p> <p>1:30 Aqua Bike Circuit - AA</p> <p>2:00 Art for Everyone - AS</p> <p>2:30 Aqua Level 3 - AA</p> <p>7:00 The Double Sharps - FS</p>	<p style="text-align: right; margin-right: 10px;">13</p> <p>10:00 SC Ladies Coffee Chat-MDR</p> <p>10:30 Joyful Joints - AA</p> <p>1:00 Movies with Adam - M&E <u>Allied</u></p> <p>7:00 Bingo - AS</p> <p>7:15 Open Bridge - CR</p> <p style="text-align: center;"><i>Connection Hours</i> 8:00 am– 12:30 pm</p>
<p style="text-align: right; margin-right: 10px;">18</p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle</p> <p>9:30 CC Montgomery Kroger Shuttle</p> <p>10:00 Circuit Training - M&E</p> <p>11:00 Balance Class - M&E</p> <p>11:00 Aqua Level 1 - AA</p> <p>12:20 EnterTraining</p> <p>2:30 Moves and Grooves - M&E</p> <p>2:30 Aqua 20-20-5 - AA</p> <p>7:00 Cincy Jazz Train - CH</p>	<p style="text-align: right; margin-right: 10px;">19</p> <p>9:00 NC Coffee Chat - CL</p> <p>9:30 Muscles in Motion - M&E</p> <p>11:00 Aqua Level 2 - AA</p> <p>11:00 Therapy Program - MONT</p> <p>1:30 Scrabble - CR</p> <p>1:30 Aqua Bike Circuit - AA</p> <p>2:00 Art for Everyone - AS</p> <p>2:30 Aqua Level 3 - AA</p>	<p style="text-align: right; margin-right: 10px;">20</p> <p>10:30 Joyful Joints - AA</p> <p>1:00 Big Screen Movie - M&E <u>The Big Stick</u></p> <p>7:00 Bingo - AS</p> <p>7:15 Open Bridge - CR</p> <p style="text-align: center;"><i>Connection Hours</i> 8:00 am- 12:30 pm</p>
<p style="text-align: right; margin-right: 10px;">25</p> <p>9:00 MCK, NC and SC Villas Kroger Shuttle</p> <p>9:30 CC Montgomery Kroger Shuttle</p> <p>10:00 Circuit Training - M&E</p> <p>11:00 Balance Class - M&E</p> <p>11:00 Aqua Level 1 - AA</p> <p>1:00 Birthday Cake Party - AS</p> <p>1:00 Duplicate Bridge - CR</p> <p>2:30 Moves and Grooves - M&E</p> <p>2:30 Aqua 20-20-5 - AA</p> <p>7:00 Jerry Conrad - CH</p>	<p style="text-align: right; margin-right: 10px;">26</p> <p>9:30 Muscles in Motion - M&E</p> <p>11:00 Aqua Level 2 - AA</p> <p>1:30 Scrabble - CR</p> <p>1:30 Aqua Bike Circuit - AA</p> <p>2:30 Aqua Level 3 - AA</p>	<p style="text-align: right; margin-right: 10px;">27</p> <p>10:00 SC Ladies Coffee Chat-MDR</p> <p>10:30 Joyful Joints - AA</p> <p>1:00 Big Screen Movie - M&E <u>The ZooKeeper's Wife</u></p> <p>7:00 Bingo - AS</p> <p>7:15 Open Bridge - CR</p> <p style="text-align: center;"><i>Connection Hours</i> 8:00 am- 12:30 pm</p>
<p style="text-align: center;">KEY TO THE AREAS</p> <p>AA Aquatic Area</p> <p>AS Art Studio</p> <p>BR Billiards Room</p> <p>CC Central Campus</p> <p>CF Cafe</p> <p>CH Chapel</p> <p>CON The Connection</p>	<p>CL Clubhouse at NC</p> <p>CR Card Room</p> <p>CS Campus Shop</p> <p>DS Daystar Room</p> <p>LIB Twin Lakes Library</p> <p>LIL Living Is Learning</p> <p>FS Fireside Lounge</p>	<p>M&E Movement & Education</p> <p>MCK McKinley Place</p> <p>MDR Main Dining Room</p> <p>Mont Montgomery Room</p> <p>NC North Campus</p> <p>PS Pottery Studio</p> <p>SC South Campus</p> <p>RT Rotunda</p> <p>WCC Welcome Center Conf.</p>
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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.

The American Sign Museum Tour

Tuesday, January 30th

Cost: \$17 includes ticket and transportation

The American Sign Museum is 20,000 square feet of more than a century of American signage. From early, pre-electric signs adorned in goldleaf, to the earliest electric signs, to beautiful art-deco neon, to the modern plastic-faced sign, the museum covers it all. Expect to spend at least an hour exploring the history of this always-seen, but virtually unnoticed, industry.

Transportation Schedule:

- ◁ South Campus Mail Kiosk: 12:50pm
- ◁ Central Campus Apt. Building: 12:55pm
- ◁ Clubhouse at North Campus: 1:00pm

To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 3:30pm.*

Cincinnati Symphony Orchestra Presents Juanjo Mena Conducts The Leningrad

Friday, February 2nd at 11:00am

Cost: \$42 Balcony/Terrace, this includes ticket and transportation

Spanish conducting sensation Juanjo Mena, the recently appointed Principal Conductor of the May Festival, leads the Orchestra in Shostakovich's Symphony No. 7, Leningrad. Written in 1941 in passionate response to oppression and censorship, it remains one of the composer's most enduring and powerful works. Spanish pianist Javier Perianes performs Mozart's sublime Piano Concerto No. 21—known as the Elvira Madigan, this majestic work will be familiar to audiences.

****We will be returning to Twin Lakes after the concert. No lunch****

Transportation Schedule:

- ◁ South Campus Mail Kiosk: 9:35am
- ◁ Central Campus Apt. Building: 9:40am
- ◁ Clubhouse at North Campus: 9:45am

To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 2:00pm.*

Mystery Lunch

Wednesday, February 7th

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 Twin Lakes 3:00pm.*

Going Out

Cincinnati Reds Clubhouse Tour

Wednesday, February 21st at 10:30am

Cost: \$17 includes ticket and transportation, plus lunch on your own

The two-hour VIP Major League Clubhouse Tour will offer visitors a chance to sit in a Major League dugout, walk on the warning track directly behind home plate and visit the expansive Great American Ball Park Press Box. Tour stops also include the ballpark's unique Club spaces including the Mercedes-Benz Diamond Club, FOX Sports Ohio Champions Club and the Handlebar at the Riverfront Club. Throughout the guided tour, tour guides share a wealth of information on ballpark and the history of the Reds.

This is a two-hour walking tour* *Limited to 12 residents

Transportation Schedule:

- ◊ South Campus Mail Kiosk: 9:50am
- ◊ Central Campus Apt. Building: 9:55am
- ◊ Clubhouse at North Campus: 10:00am

To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 3:00pm.*

Cincinnati Symphony Orchestra Presents Strauss The Knight of the Rose

Friday, February 23rd at 11:00am with lunch to follow

Cost: \$42 Balcony/Terrace, this includes ticket and transportation, plus lunch on your own.

Explore the nature of love and life in this sparkling program book-ended by famous works by Richard Strauss: the music of the merry prankster Till Eulenspiegel, and the treasured Suite from Der Rosenkavalier (The Knight of the Rose). Violin star Simone Lamsma, described as "polished, expressive and intense" (Cleveland Plain Dealer), returns by popular demand to perform Bernstein's Serenade to celebrate the composer's 100th birthday.

Transportation Schedule:

- ◊ South Campus Mail Kiosk: 9:35am
- ◊ Central Campus Apt. Building: 9:40am
- ◊ Clubhouse at North Campus: 9:45am

To sign up, please call the Activity Line at X1321. Leave your name, phone number, and APT/VILLA number. *Estimated time back to Twin Lakes 4:00pm.*

Explore Your Appetite to Houston Inn Restaurant in Lebanon Ohio

Tuesday, February 27th

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. *Estimated time back to Twin Lakes 3:00pm.*

Staying In

Archeoastronomy: Ancient Paths of the Sun, Moon, and Stars Presented By: Dean Regas

Astronomy was everywhere in the ancient world. If you look at the oldest surviving works of art and architecture, you find astronomy within them: Cave paintings in France, pyramids in Egypt, intricate mounds in the Americas. Civilizations expressed and celebrated their knowledge of this oldest science through works of art and monumental construction projects. Take a journey with Dean to explore these amazing archeoastronomy sites and discover more of what the ancients knew about the universe.

Wednesday, January 3rd at 7:00pm in the Chapel

Dick Watson

Join us for a variety of music and a fun time! **Monday, January 8th at 4:00pm in the Fireside Room**

Caroline Playing Piano

Join a local high school student play some great music on the piano!
Tuesday, January 9th at 7:00pm in the Fireside Room

Reflections Jazz Duo

Join us for a fun duo who play great songs on the piano and the bass!
Thursday, January 11th at 7:00pm in the Fireside Room.

Life History Project Talk

Wednesday, January 10th at 1:00pm in the Chapel

Join us for a presentation by Jim Gruber from Xavier University about their Life History Project. Please come and learn how you can participate in the program and receive your life history beautifully preserved in a nice binder, privately just for you- completely confidential. The presentation will describe how the project works and what you can expect to gain from the

Twin Lakes Singers

The Twin Lakes Singers will meet on Sunday, January 7th and 21st at 7:00pm in the Fireside Room.

The Double Sharps

Friday, January 12th at 7:00pm in the Fireside Room

Join us for a duet from Milford High School students Sophie Elleman and Catherine Gottsacker. Both of the girls are Juniors and will be playing songs on their instruments! They are extremely excited to perform for their second time at Twin Lakes! Come check

Walden's Memory in the Making Art Show

Monday, January 15th starting at 2:00pm through Wednesday, January 17th until 4:00pm in the Fireside Room.

staying in

Maureen Martin's Musical Revue

Maureen's songs from the 1930's through the 1960's, Broadway show tunes, Country, and much more have warmed the hearts of Seniors in the Tri-State area for many years, and continue to do so today!

Wednesday, January 17th at 7:00pm in the Fireside Room

Cincy Jazz Train is back!

The Cincy Jazz Train is a well established group of local musicians who perform an array of jazz music from the popular jazz standards to straight ahead steamin' jazz pieces of Miles Davis to Coltrane! Sit back and enjoy the sounds of keys, trumpet, bass and the drums. Join us for this quartet of wonderful players!

Thursday, January 18th at 7:00pm in the Chapel

Smokies: the Fire of 2016

Monday, January 22nd at 7:00pm in the Chapel

This catastrophic fire started the day before Thanksgiving. Within five days, it spread across the Park, Gatlinburg and Pigeon Forge Tennessee claiming fourteen lives and destroying over 2400 residential and commercial structures. Hear the circumstances that began this inconceivable series of events involving multiple governmental and fire maintenance agencies. The vacation towns and National Park you visit have been impacted forever.

Ladies Chat: A Trip to Mexico

Tuesday, January 23rd at 7:15pm in the Art Studio

Movie Matinee "Hello, My Name is Doris" on Wednesday, January 31st at 3:00pm in the M&E Room

The Cincinnati Reds Hall of Fame Traveling Display

Wednesday, January 24th at 1:00pm in the Chapel

The Cincinnati Reds Hall of Fame Traveling Display will be bringing memorabilia for your enjoyment! Reds staff members will be here to discuss and talk about the display. Items from the Hall of Fame includes jerseys, bats, programs and other neat things from the Reds history. A Reds mascot will join us for pictures and visits!

Jerry Conrad

A trumpet player/singer who sings songs from the 30's, 40's and 50's. Jerry has performed with many of the top entertainers in the country and has led one of the most successful and popular bands in the Cincinnati area "Rhythm and Brass!"

Thursday, January 25th at 7:00pm in the Chapel

Staying In

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*.

Monday, January 29th at 7:00pm in the Chapel

Magician Brett Sears!

Brett Sears is a second-generation magician who began performing magic at age 12. In 1998, he graduated from the University of Cincinnati with a degree in Communication Arts and instantly jumped into a life-long dream career of performing magic full-time. Since then, Brett has become one of the area's most successful magicians, performing nearly seven nights a week at restaurants, for private parties and special events, and at corporate functions for some of America's largest companies. Come see all of the magic!

Tuesday, January 30th at 7:00pm in the Chapel

The Cincinnati Dulcimer Society

Wednesday, January 31st at 7:00pm in the Chapel

The Cincinnati Dulcimers are ordinary people united together and contributing to preserve the Appalachian Mt Dulcimer. Amateurs playing and singing for the love of this instrument. We encourage you to come and see what a beautiful instrument this is.

Art For Everyone!

"Art For Everyone" is a fun, interactive art/craft class that will bring out the artist in everyone. These classes are designed for both the beginner or experienced artist/crafts-person. **Art For Everyone will be held on January 5th, 12th and 19th at 2:00pm in the Art Studio.**

Volunteer Services

Volunteer Opportunities!

Are you interested in becoming more involved in your Twin Lakes Community? Volunteering is a great way to meet new people and to put your talents to use. Please contact Jackie X1341 or Ashley X1352 and we will help you find the right fit!



The Connection

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	7 AM— 4:00 PM	7 AM— 4:00 PM	7 AM— 6:00 PM	7 AM— 6:00 PM	7 AM— 4:00 PM	8 AM— 12:30 PM
Aqua	11:00 AM Aqua Level 2 2:30 PM Aqua Level 3	11:00 AM Aqua Level 1 2:30 PM Aqua Level 3	11:00 AM Aqua Level 2 2:30 PM Aqua Level 3	11:00 AM Aqua Level 1 2:30 PM Aqua Level 3	11:00 AM Aqua Level 2 1:30 PM Aqua Bike Circuit 2:30 PM Aqua Level 3	Open Swim 10:30 AM Joyful Joints
Land	9:30 AM Muscles In Motion 10:30 AM Chair Yoga	10:00 AM Circuit 11:00 AM Balance Class	9:30 AM Muscles In Motion	10:00 AM Circuit 11:00 AM Balance Class 2:30 PM Moves and Grooves	9:30 AM Muscles In Motion	Open Gym

AQUATICS

Aqua Level 1 - A 45-minute class with a variety of exercises that will increase your range of motion, flexibility and ease your pain. Ideal for those with arthritis, injuries or beginning an aquatic exercise program.

Aqua Level 2 - Middle of the road class designed to prepare individuals to advance to Level 3. This 45-minute intermediate class will include cardio respiratory conditioning while still focusing on flexibility and range of motion. Medium Intensity.

Aqua Level 3 - Are you ready for the next level? Well here is your chance. This class is a step above Level 2. It consists of warm-up, 25 minutes of cardio-respiratory, muscle toning, strengthening and stretching.

Aqua Bike Circuit-Under water stationary bike as part of a circuit of exercise designed for fun, aerobic, strength and flexibility. A different way to use water to your advantage exercising!

LAND CLASSES

Muscles in Motion - In this fun group class, exercises can be done from a chair and you have the option to use strength equipment (weights & bands) to challenge all major muscles groups.

Balance Class - This class will take you through a series of poses and breathing exercises to improve your flexibility, strength, and balance. Beginner to Experienced

Circuit Class - This class will alternate between cardio and balance exercises in a specific amount of time. Beginner to Intermediate

Chair Yoga- Taught by April Aloisio- Kriplu Yoga that demonstrates movement, breath work and meditation can improve health and help reverse the aging process.

MOVES & GROOVES- An invigorating dance fitness class. Help develop coordination, muscle tone, and endurance, using simple moves that are easy to learn. Join the fun!

LEC Foundation

Live Now, Give Later

A Gift in Your Will Is the Budget-Friendly Solution to Your Charitable Goals

Support Twin Lakes With a Gift in Your Will

Between paying your bills and just enjoying life, there are many demands on your wallet. Yet you still want to support Twin Lakes because it's been important in your life.

Leaving Twin Lakes a gift in your will is the perfect way to satisfy your charitable desires and ensure that you and your family have the resources you need. A gift in your will has these benefits:

Simplicity. As little as one sentence in your will is all that is needed:

"I [name] give [_____ percent of my estate, or description of asset, or _____ dollars] to Twin Lakes / Life Enriching Communities Foundation, an Ohio nonprofit corporation, for its unrestricted use and purpose." Tax ID number 06-1708088

Flexibility. Because you are not actually making a gift until after your lifetime, you can change your mind at any time.

Versatility. You can structure the gift to leave a specific item or amount of money, make it contingent on certain events, or leave a percentage of your estate which remains proportionate to your estate size, no matter how it fluctuates over the years

Toot Your Own Horn

If you have already included a gift to Twin Lakes in your will or trust, please let us know. That way we can ensure that your gift will be used exactly as you intend. Plus, it would be our honor to thank you for your gift.

For more information, please contact:

Gretchen Ramstetter LEC Foundation
Development Manager, Twin Lakes
(513) 247-1362 | gretchen.ramstetter@lec.org



LIVING LEGACY CLUB

WHAT IS THE LIVING LEGACY CLUB?

The Living Legacy Club was created to recognize and honor exceptionally committed individuals who have provided critical, long-term support through their estate plans and understand the importance of ensuring that the LEC Foundation continues its efforts to impact Twin Lakes.

Philanthropy through estate planning is essential to advance and enhance the continuity of LEC communities and to sustain the organization's ministry well into the future.

HOW YOUR LIFE CAN SUSTAIN YOUR COMMUNITY

Bequests by will or living trust • Charitable gift annuities • Charitable remainder trusts • Gifts of life insurance • Gifts of charitable IRA, real estate, stocks or other assets

These gifts will directly support LEC Foundation's ministries based on your intentions.

For more information about the Living Legacy Club, contact Gretchen Ramstetter (513)247-1362 or gretchen.ramstetter@lec.org.

LEC Foundation

Please plan to join us for the 1st annual



STATE OF THE FOUNDATION MEETING

*Learn about what we've accomplished this year & our plan for 2018!
Hear about the impact of your gifts on our community!
Get a sneak peek at our 2017 Impact Report!*

Thursday, February 1, 2018

6:30pm in the Chapel

Join us for desserts & refreshments after! In the Art Studio



Join us at Rudino's every 2nd Monday of the month & Twin Lakes gets 10% back!
No coupon needed!

Next Date: MONDAY, JANUARY 8
(5:00p-7:00p)

9730 Montgomery Rd, Cincinnati, OH 45242

CITY BARBEQUE

Bring this printed coupon or show image with barcode on your phone to City BBQ on **MONDAY, JANUARY 22** (10:30am-10:00pm) and Twin Lakes will receive 25% back!



JANUARY 22, 2018 - TWIN LAKES