

# THE CAMPUS INFORMER

## Recycling Update

Your recycling committee has completed its goal of placing recycling bins through out the apartment areas. The following is a list of current recycle bin locations:

### North Apartments

Second floor Storage room 1201a

Third floor Storage room 1301a

Mail Room– paper only

### Main Building

Ground floor copy room– paper only

Second floor 210B office– paper only

Third floor and Parkview elevator lobbies– paper only

Fourth and Fifth floor dining areas– paper only

Sixth floor trash room– paper only

Seventh floor trash room

### Greeno

Lower level– paper only

Ground floor east entrance

### Miscellaneous

Marketing– paper only

Library– paper only

Studio

Gulden center coat room

Parkview Club room

Variety Sale shelf

*We also have some PAPER ONLY recycle bins on most floors of our apartment buildings. Paper only includes all paper items such as books, magazines, cardboard, cereal boxes, newspapers, junk mail, etc. No Styrofoam.*

**Any questions please call Lew Chizer at x2778.**



## Inside this issue:

Spirituality, Christian Fellowship & Low Vision/Macular Degeneration	2
For Your Information	3
Save the Date	4
Library News & July Movies	5
Events & Programs	6-7
Events & Programs Outings	8-9
For Your Information	9
July Calendar	10-14
The Connection & Foundation	14-15
The Connection class schedule	16

### Core Values

**Respect ~ Innovation  
Spirituality ~ Excellence**



Twin Towers Senior Living Community



For “real time” updates throughout the month, be sure to check Touchtown or Ask Alice for campus announcements!

# SPIRITUALITY

Page 2

## Sweet Summer Fruit

When the low-hanging fruit  
is bitter from the root  
there is no reason to pick  
for the bitter will stick

When the wrong socket set  
slips on the bolt's head  
there is no use to muscle it  
for effort cannot make it fit

With the right question asked  
the truth is unmasked  
the lie is exposed  
and the case can be closed

When the sweet summer fruit  
tastes wholesome and good  
we savour the taste  
and forget all the waste

Of the time that we spent  
on thoughts small and bent  
fretting the small  
and missing the ball

Missing the dance  
and blowing the chance  
to eat from the buffet  
of the One that is the Way!

—Daniel Human, 2014

# CHRISTIAN FELLOWSHIP

**Christian Fellowship will not meet on July 4th or August 1st**

Mark your calendar for our next gathering.

Join us on Wednesday, September 5, 2018

Gulden Community Center

6:20 PM Singspiration- 6:30 PM Program

“Combined History/What’s New At The Zoo!”

# MACULAR DEGENERATION & LOW VISION

**Tuesday, July 31**

**1:30pm Hader Room**

Join us as we discuss suggestions and recommendations  
made during our June meeting.

Everyone is welcome!



## **Independent Living Birthday Dinner**

When you receive your invitation to the birthday dinner, please sign up on the sheet at the **Towers Desk**. If you bring a guest, please sign their name also, and mark their name as "guest." The dinner is the **second** Wednesday of the month. Please register the week before the dinner, so the committee knows how many dinners to order and tables to set up. We are unable to accommodate those who have not made reservations.

**If you have questions or need to cancel, please call Leigh Ismael at x2048.**

## **Main Hall Showcase Collections**

We all enjoy seeing these interesting collections. Won't you share your items with us? Large or small, we'll display them all. Open to residents and associates. We will pick them up and carefully return them at the end of the month.

**Contact Polly Dunn at extension 2813.**

## **The Beautiful Garden Award 2018**



The Flower Gardens are in Full Bloom all over Campus. Why not take a walk, go for a ride or just look at them on the Rolling Screen or on "Alice". We live on a very beautiful campus and each one of us are helping to make it even more beautiful. Thank you all.

## **Resident Referral Program**

Refer a friend, or be instrumental in their decision to move to a patio home, apartment, or assisted living at Twin Towers and receive a one-time \$1,000 credit on your monthly service fee after the resident moves in. New residents will be asked to identify the resident instrumental in their decision to move to Twin Towers.

Refer a second friend and receive a \$1,500 or a third friend and receive a \$2,000 credit on your monthly service fee if the move-in occurs in the same calendar year.

\* The progressive credit also applies if you refer a friend to Twin Lakes.

\* Earn a \$1,000 credit if your family member refers a friend or is instrumental in their decision to move to either Twin Towers or Twin Lakes.

***If you or a family member know of someone who is interested in becoming a resident of Twin Towers, please contact the Marketing Office at (513) 853-1505.***

## July

Hope you enjoyed your stroll through the Paperback Book Room last month.  
We still have one more area to cover!

The Non-fiction shelves located between the Biography shelves and the door into the room. Non-fiction includes a variety of topics. Here are some samples:

“Crossword Puzzle Dictionary”

“Manual of Medical Information”

“The Chicken Soup” Series

“A Glimpse of Heaven”

“Straight Talk to Men and Their Wives”

“Who’s Who in the Bible”

“An American Journey” by Colin Powel

Enjoy your visit to this area of the Paperback Book Room!

## JULY MOVIES



### Murder on the Orient Express

**Friday, July 6 - 6:30pm - The Gulden Community Center**

In this retelling of Agatha Christie's classic mystery, a train ride through Europe becomes the setting for murder when an American passenger is slain and almost everyone on board is a suspect.

**2017**

**Run Time: 1 hour 54 min**

**Rated: PG-13**

**Crime/Drama/Mystery Stars: Kenneth Branagh, Penélope Cruz, Willem Dafoe, Judi Dench, Johnny Depp**



### The Post

**Friday, July 13 - 6:30pm - The Gulden Community Center**

When the "Washington Post" agrees to publish the leaked Pentagon Papers, which point to a secret escalation of the Vietnam War, the Nixon administration tries to block publication, setting off an epic legal and political battle.

**2017**

**Run Time: 1 hour 55 min**

**Rated: PG-13**

**Bio/Drama/History Stars: Tom Hanks, Meryl Streep, Alison Brie**



### Black Panther

**Friday, July 20 - 6:30pm - The Gulden Community Center**

After the death of his father, young T'Challa returns home to the isolated high-tech African nation of Wakanda to succeed to the throne and take his rightful place as king. But when a powerful enemy reappears, Black Panther, is tested when he's drawn into a formidable conflict that puts the fate of Wakanda and the entire world at risk.

**2018**

**Run Time: 2 hour 14 min**

**Rated: PG-13**

**Action/Adventure/SciFi Stars: Chadwick Boseman, Michael B. Jordan, Lupita Nyong'o**

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

# EVENTS & PROGRAMS

Page 6

Monday, July 2

## The Sociables

6:30pm - Gulden Community Center

The amazing trio with the big band sound is known as the Twin Towers favorite! Be sure to come early for a great seat and song requests you'd like to hear.

Tuesday, July 3

## Historian Diane Shields: Independence Day

1:30pm - Gulden Community Center

Our quest for freedom and democracy all started with the official "Declaration of War" signed in 1776; we will eventually rename it to "Declaration of Independence"! Let's take a look at the primary writers of this important document; the difficulty of getting it passed and how it was communicated to all of the 13 Colonies! It's a great story, especially for our most patriotic citizens!

Wednesday, July 4

## Independence Day Party in the Park

12:30pm - Parkview Room

Come join the party to celebrate our Independence! With entertainment by the HBO Band, BBQ food truck, Soft Serve Ice Cream truck, and fun games for everyone!

Thursday, July 5, 6:30pm - The Parkview Room  
Wednesday, July 18, 6:30pm - GCC

## Team Trivia Night

Sign up your team of no more than 6 by calling Erich Coates extension 2351.

Friday, July 6

## Card Making Class with Beth Klaine

1:00pm - Studio

Join in the fun of making your own greeting cards. This class is open to all skill levels. You will make and take your personal greeting cards with you. Send them to a friend or family member. The class will last approximately 1 hour.

Friday, July 6 & 20

## Photography Class with Ernest Worthing

3:00pm - 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.

Monday, July 9, 16, 23 & 30

## Readers Theatre

3:00pm - Studio

The Readers Theatre will bring Melodramas and Radio Theatre to our Twin Towers audience. Join rehearsals today. Life is full of drama. Why not join the club?

Monday, July 9

## Scot Wooley

6:30pm - Gulden Community Center

Scot is the Music Director for Wright State University's Department of Theatre, Dance and Motion Pictures. He has been singer and accompanist with The Norman Luboff Choir for five years. 10 years with Kings Productions (Kings Island and several other theme parks around the country) as staff arranger and music director. Countless productions at Cincinnati Playhouse, Ensemble Theatre Cincinnati and other regional theatres across the country. 20 years of arranging and music directing in the cruise line industry. His arrangements have been performed by the Cincinnati Pops, Indianapolis Pops, Baltimore Symphony, Oregon Symphony, Hong Kong Philharmonic, and the Atlanta Pops to name a few.

Monday, July 9 & 23

## 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! **Contact Tina Spicer at x2086.**

Monday, July 16

## It's Time to Play the Fabulous Family Feud!

6:30pm - Gulden Community Center

We'll compete in teams to name the most popular answers. Come see the hilarious antics of the show or be in the show with light up podiums, light up teams, Game Show Host and fantastic sound effects! Doors open at 6pm for drinks and socializing with friends. Who wants to be apart of the Game Show Fun!! **Call Tina at x2086, we will add your name to the list; the names will be drawn at random during the Show.**

Tuesday, July 17

## Historian Diane Shields: Battle of Iwo Jima

1:30pm - Gulden Community Center

Iwo Jima, without a doubt, one of the greatest battles of World War II in the South Pacific fighting the Japanese. Iwo Jima is part of the Island Hopping strategy and at the cost of many American lives, it will be our victory. Today the island is still considered a war cemetery and very few can visit it.

Saturday, July 21

## 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!

Monday, July 30

## Entertainer Nancy James

6:30pm - Gulden Community Center

This versatile Emmy-Winning performer has shared her talents with the Tri-State area on stage, on camera, and on the air waves for over three decades. Nancy James became a part of our lives on the Bob Braun Show singing, interviewing, and creating live commercials. She continues to make her living as an entertainer: appearing onstage as a singer, on-camera as a spokesperson, and representing clients as their voice-over talent for radio and television commercials.

Tuesday, July 10 & 24

## Watercolor/Social Hour with Howard

1:00pm - Studio



Learn the basic techniques of making a watercolor painting. If you don't think you can paint, come for the fun! Beginners ALWAYS welcome! Though there may be room for improvement, there's no such thing as failure. If nothing else, come for the cookies!

Wednesday, July 11, 18 & 25

## Chair Volleyball Practice

1:00pm - Gulden Community Center-C side

\*Home game vs Colerain 7/18 at 1:00pm

\*Away game vs Whitewater 7/24 at 9:00am

Chair volleyball is a physical activity that provides a fun way to be active. Players 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. **Contact Tina at x2086.**

Wednesday, July 11

## Mike Connelly, 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.



Thursday, July 12 & 26

## Toast-N-Talk Toastmasters Meeting

6:30pm - Studio



Toastmasters International is the world's largest Organization dedicated to leadership training. The group allows you to develop your communication skills. Everyone is welcome!

# EVENTS & PROGRAMS - OUTINGS

Page 8



**Reservations accepted Starting July 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.

Tuesday, July 10

## **Taping of the Ohio's Cash Explosion Show in Columbus, Ohio with lunch at Schmidt's Sausage Haus**

9:15am – Pick ups begin. **Cost:** \$2 tickets. Lunch \$8 and up.

Join us for a fun filled day in Columbus, Ohio. Our first stop will be lunch at Schmidt's Sausage Haus in German Village. Then we're off to see what happens behind-the-scenes of a television show, all while cheering on the contestants!



Thursday, July 12

## **Tecumseh The Ultimate Outdoor Drama Experience! Chillicothe, Ohio**

2:00pm – Pick ups begin. Return time 12:15am. **Cost:** \$42 includes dinner.



Comfort stops in routes. Witness the epic life story of the legendary Shawnee leader as he struggles to defend his sacred homelands in the Ohio country during the late 1700's. TECUMSEH has been labeled as one of the most mesmerizing dramas in the nation. The huge, outdoor stage of the Sugarloaf Mountain Amphitheatre afford the audience a unique viewing experience. Sit beneath the stars as sheer spectacle surrounds you with a herd of galloping horses, live military cannon in action, and the most dazzling battle sequences offered on the American stage.

Dine in under covered terrace, overlooking a vista of forests and mountains. The Frontier Buffet features a wide selection of wholesome American food, Martha Kenton's Famous Fried Chicken, succulent ham, creamy mashed potatoes and gravy, piping hot green beans and corn, a soft and warm dinner roll, fresh and crispy salad bar, and tantalizingly delicious desserts. No one will walk away hungry!

Thursday, July 19

## **“Quarter Amish” Farm in Indiana and lunch at The Sherman in Batesville, Indiana**

9:30am – Pick ups begin. Return time 3:00pm **Cost:** \$8 and up.

We'll enjoy the summer sunshine picking our own black berries at the “Quarter Amish” family farm. No chemicals have been used on the berries and the farm uses integrated pest management. Picking trays available for use, but you'll need to bring containers to transport berries home. Berries sold by weight. The farm also has dairy goats, alpacas, and chickens along with a very large vegetable garden. Additional items for sale; farm fresh brown eggs, goat milk/olive oil soap and cheese. We will be at the farm by 10:45am picking berries before it gets too hot. Lunch at The Sherman historic hotel located in Batesville, Indiana.

Thursday, July 26

## **Terracotta Army Exhibition at the Cincinnati Art Museum & Lunch at P.F. Changs**

9:20am – Pick ups begin. **Cost:** Tickets \$14. Lunch \$8 and up.

The Terracotta Army exhibition features approximately 120 individual objects, which include Terracotta figures of warriors, arms and armor, ritual bronze vessels, works in gold and silver, jade ornaments, precious jewelry, and ceramics, all drawn from the collections of art museums and archaeological institutes in Shaanxi province, China. Dating from the Pre-Qin period (770–221 BC) to the Qin dynasty (221–206 BC), these works of art, excavated from the emperor's mausoleum, as well as aristocratic and nomadic tombs, will represent history, myths, and burials in ancient China.

## FOR YOUR INFORMATION

### **Give a Blessing - Prayer Shawl Creation**

Friday, July 13th 10:00am - 12:00pm in Room 204

Join other Twin Towers residents and friends in creating a prayer shawl where in fellowship you can either knit or crochet. Yarn/Needles/Instructions all provided at no charge.

We have work gatherings on the second Friday of each month in Room 204 from 10am - 12pm.

You can also knit or crochet on your own and bring the prayer shawl to the Pastoral Care Office.

Since January 2018 we have created and given out 40 prayer shawls to our residents.

**You will be Blessed in the Giving!**



# JULY CALENDAR

\* = Televised on Channel 1852

**SUNDAY, JULY 1**

11:00 ~~S~~aturday School (Art Gallery)  
 2:30 ~~C~~hapel Service\* (Chapel)  
 7:00 ~~A~~nnon Meeting (Hader Room)

**MONDAY, JULY 2**

9:00 ~~B~~almood Pressure Checks (Clinic)  
 10:00 ~~C~~armchet Work Group (Studio)  
 12:30 ~~C~~ontemplative Prayer (Chapel)  
 1:00 ~~K~~roger Trip  
 6:00 ~~C~~ompo up for Serious Writers (3rd fl)  
 6:30 ~~T~~heme Sociables (Gulden Community Center)

**TUESDAY, JULY 3**

CLOSED: Main Building Salon  
 8:00 ~~C~~ontemplative Prayer (Chapel)  
 9:00 ~~A~~udiologist no appointment (Multi media) de  
 1:30 ~~H~~ims torian Diane Shields: Independence  
 Center)  
 3:00 ~~C~~atholic Communion Service (Chapel)  
 6:00 ~~P~~ayer Gathering (Room 204)  
 6:30 ~~A~~lzheimer's Support Group (Hader Room)

**WEDNESDAY, JULY 4**

**4TH OF JULY!**



Happy 4th of July!

Connection-1 ~~O~~PEN: 9am  
 CLOSED: Bistro, Clinic, Transportation  
 Dining on a Sunday Schedule  
 10:00 ~~C~~ANCELED Kroger Trip  
 12:30 ~~C~~ANCELED Wii Bowling (-Bulldozer) Con  
 12:30 ~~D~~pendence Day Party in the Park  
 1:00 ~~C~~ANCELED Chair Volleyball-C (Gulden)  
 1:30 ~~C~~ANCELED Handbell Choir Practice  
 6:30 ~~P~~men Bridge & Card Game Night (Parkview Room)

**THURSDAY, JULY 5**

3:00 ~~C~~atholic Communion Service (Chapel)  
 6:30 ~~T~~hema Trivia Night (Parkview Room)

**FRIDAY, JULY 6**

11:00 ~~T~~hru Friday Edition\* (Channel 1852)  
 11:00 ~~T~~hru Friday Edition Viewing\* (Parkview Room)  
 1:00 ~~C~~and making class with Beth Klaiman  
 1:30 ~~C~~hapelain's Hour (Parkview Room)  
 3:00 ~~P~~hotography Class with Ernest Wood  
 6:30 ~~F~~riday Night Movie: Murder on the Mind  
 (Gulden Community Center)

**SATURDAY, JULY 7**

5:00 ~~C~~atholic Mass (Chapel)\*

**SUNDAY, JULY 8**

11:00 S Sunday School (Art Gallery)  
 2:30 C Chapel Service\* (Chapel)  
 7:00 A Announ Meeting (Hader Room)

**MONDAY, JULY 9**

9:00 B Almod Pressure Checks (Clinic)  
 10:00 C Carochet Work Group (Studio)  
 12:30 C Contemplative Prayer (Chapel)  
 1:00 K Krmo ger Trip  
 1:30 C omputer Services by Ira (1st floo  
 3:00 R emaders Theatre (Studio)  
 6:00 C rmo up for Serious Writers (3rd flo  
 6:30 S pmo t Wooley (Gulden Community Cent

**TUESDAY, JULY 10**

8:00 C ontemplative Prayer (Chapel)  
 9:00 P ondi atrist by appt. Please call x2  
 9:15 C ounting to the Taping of the Ohio's  
 with lunch at Schmidt's Sausage Ha  
 1:00 W antercolor/Social Hour with Howard  
 3:00 C ant holic Communion Service (Chapel  
 6:00 P rma yer Gathering (Room 204)

**WEDNESDAY, JULY 11**

10:00 K ar mo ger Trip  
 12:30 W in Bowling (Gulde B sCi odm) Community Cent  
 1:00 C hma ir Volleyball (G uCl de i rde C) Community  
 1:30 H am dbell Choir Practice (Chapel Ba  
 3:00 M imke Connelly, Did You Know? (Stud  
 4:45 I pl m Resident Birthday Dinner By Inv  
 6:00 H ymn Sing (Chapel)  
 6:30 C pme n Bridge & Card Game Night (Par

**THURSDAY, JULY 12**

2:00 C ounting to Tecumseh The Outdoor Dra  
 3:00 C ant holic Communion Service (Chapel  
 6:30 T oma -N- Talk Toastmasters Meeting (Stu c

**FRIDAY, JULY 13**

10:00 P rma yer Shawl Creation (room 204)  
 11:00 C hre Friday Edition\* (Channel 1852)  
 1:30 C hma plain's Hour (Parkview Room)  
 3:00 P rns ident Council Meeting (Gulden C  
 6:30 F rmi day Night Movie: The Post (Gul d

**SATURDAY, JULY 14**

\* = Televised on Channel 1852

# JULY CALENDAR

Page 12

## SUNDAY, JULY 15

11:00am Sunday School (Art Gallery)  
 11:00am Month Birthday Celebration (Park  
 2:30pm Chapel Service\* (Chapel)  
 4:00pm Catholic Mass (Chapel)\*  
 7:00pm Annou Meeting (Hader Room)

## MONDAY, JULY 16

9:00am Blood Pressure Checks (Clinic)  
 10:00am Carmchet Work Group (Studio)  
 12:30pm Contemplative Prayer (Chapel)  
 1:00pm Krmo ger Trip  
 3:00pm Remaders Theatre (Studio)  
 6:00pm Group for Serious Writers (3rd f  
 6:30pm tm' s Time to Play the Fabulous F  
 Center)

## TUESDAY, JULY 17

8:00am Contemplative Prayer (Chapel)  
 1:30pm Hims torian Diane Shields: Battle  
 Center)  
 3:00pm Catholic Communion Service (Chap  
 6:00pm Pmayer Gathering (Room 204)  
 6:30pm Almz heimer's Support Group (Hader

## WEDNESDAY, JULY 18

10:00am Krmo ger Trip  
 12:30pm Vp in Bowling (GuldeBn sCiodem)unity Ce  
 1:00pm Chmair Volleyball Home Game vs Co  
 Center)  
 1:30pm Hpmndbell Choir Practice (Chapel  
 6:30pm Ppme n Bridge & Card Game Night (P  
 6:30pm Tpmam Trivia Night (The Gulden Co

## THURSDAY, JULY 19

9:30am Gunt ing to "Quarter Amish" Farm i  
 The Sherman  
 10:30pm Pá mp s for Northgate Mall / Walmar t  
 10:30am ' s Resident Open Forum (Gulde  
 3:00pm Catholic Communion Service (Chap

## FRIDAY, JULY 20

11:00am The Friday Edition\* (Channel 185)  
 1:30pm Chmplain's Hour (Parkview Room)  
 3:00pm Ppmotography Class with Ernest Wo  
 6:30pm Ppmi day Night Movie: Black Panthe

## SATURDAY, JULY 21

1:30pm Plml Campus Bingo (The Studio)  
 5:00pm Catholic Mass (Chapel)\*

\* = Televised on Channel 1852

\* = Televised on Channel 1852

<b>SUNDAY, JULY 22</b>	<p>11:00 Sunday School (Art Gallery)                  2:30 Chapel Service* (Chapel)                  7:00 Apollon Meeting (Hader Room)</p>
<b>MONDAY, JULY 23</b>	<p>9:00 Blood Pressure Checks (Clinic)                  10:00 Carchet Work Group (Studio)                  12:30 Contemplative Prayer (Chapel)                  1:00 Kruger Trip                  1:30 Computer Services by Ira (1st fl)                  3:00 Remders Theatre (Studio)                  6:00 Promo up for Serious Writers (3rd fl)</p>
<b>TUESDAY, JULY 24</b>	<p>8:00 Contemplative Prayer (Chapel)                  9:00 Podiatrist by appt. Please call                  9:00 Chair Volleyball Away Game vs Wh                  1:00 Watercolor/Social Hour with Howa                  1:30 Episcopal Mass (Chapel)                  3:00 Catholic Communion Service (Chap                  6:00 Prayer Gathering (Room 204)</p>
<b>WEDNESDAY, JULY 25</b>	<p>10:00 Kruger Trip                  12:30 Women Bowling (Guldeh Community Ce                  1:00 Chair Volleyball Practice (Gulde                  1:30 Handbell Choir Practice (Chapel)                  6:30 Women Bridge &amp; Card Game Night (P</p>
<b>THURSDAY, JULY 26</b>	<p>9:20 Counting to Terracotta Army Exhibi                  Museum with lunch at P.F. Changs                  3:00 Catholic Communion Service (Chap                  6:00 Primops for Reds Game Day Outing                  6:30 Topical Talk Toastmasters Meeting (S</p>
<b>FRIDAY, JULY 27</b>	<p>11:00 The Friday Edition* (Channel 185                  11:00 The Variety Sale (Room 10B)                  1:30 Chaplain's Hour (Parkview Room)</p>
<b>SATURDAY, JULY 28</b>	<p style="text-align: center;"><b>Wellness Tip</b></p> <p>You can take a daily vitamin supplement, but try to get most of your nutrients from actual food. The antioxidants, vitamins and other nutrients found in foods like blueberries, beans and artichokes don't pack the same punch when they're not in food form. Eat a rainbow of colorful fruits and vegetables, as each color contains unique nutrients that others do not.</p>

# JULY CALENDAR CONT'D

Page 14

\* = Televised on Channel 1852

## SUNDAY, JULY 29

11:00 Saturday School (Art Gallery)  
1:00 Catholic Mass (Chapel)\*  
2:30 Chapel Service\* (Chapel)  
7:00 Apollon Meeting (Hader Room)

## MONDAY, JULY 30

9:00 Blood Pressure Checks (Clinic)  
10:00 Camchet Work Group (Studio)  
12:30 pm contemplative Prayer (Chapel)  
1:00 Kpmo ger Trip  
3:00 Catholic Mass (Chapel)\*  
3:00 Reminders Theatre (Studio)  
6:00 Group up for Serious Writers (3rd floor)  
6:30 pm entertainer Nancy James (Golden Room)

## TUESDAY, JULY 31

8:00 am contemplative Prayer (Chapel)  
1:30 pm Macular Degeneration/ Low Vision Group (Chapel)  
3:00 Catholic Communion Service (Chapel)  
6:00 Prayer Gathering (Room 204)

## THE CONNECTION

Wednesdays

July 11th

Thru

August 29th

4:00 - 4:45pm

The Connection

Aquatic Area

Special Summer  
Class!

READY TO PARTY!

AQUA  
DANCE

EVERY WEDNESDAY

It's all about having fun! No  
need to have rhythm just feel  
the music and prepare to sweat!

## **Defining Your Philanthropic Legacy**

**Help better the lives of others by including the LEC Foundation and Twin Towers in your planned giving!**

Many residents have heard of the Life Enriching Communities Foundation however they don't know exactly what we do. The LEC Foundation does many things to try and bless those that live and work in our communities. One of our priorities is to help support the residents of Twin Towers. Our main focus is Benevolent and Pastoral Care. This month, we wanted to briefly tell you about our Benevolent Care Fund.

Benevolent Care supports residents who, due to unforeseen circumstances, have run out of financial resources. In other senior living communities, if a resident can no longer make their payments, they need to look for somewhere else to live and call home. Because of the Benevolent Care Fund, this is not true at Twin Towers. As a matter of fact, ***last year 52 residents were served through the Benevolent Care Fund.*** That means that 1 in 16 residents were blessed to be able to stay in the place they know and love!

Gifts that come into the LEC Foundation have a direct impact on someone in need. You can make a positive difference for others and put the wheels in motion for creating your philanthropic legacy. Here's how to make an immediate impact:

**Donate Cash.** You can give a little every year or one lump sum to help us provide operational necessities.

**Make a gift of other assets.** Stocks, bonds, real estate and other property that have grown in value since you first purchased them make it possible to give a larger donation for less cost- and provide you with tax benefits.

### **Plan a Future Gift**

It costs you nothing today to include (LEC Foundation or Twin Towers) in your future charitable plans. You'll leave a legacy and support the people and community you cherish most. Here are some ways to support our future that won't affect your financial situation today:

**Include LEC Foundation in your will or trust.** This is an easy and flexible way to extend your support.

**Include LEC Foundation in your memorial.**

**Donate retirement plan assets.** By making a simple designation on your plan's beneficiary form, you can save your loved ones from a significant tax burden while helping us.

**Donate a life insurance policy.** You can donate a no-longer-needed policy or simply name (LECF or TT) as the beneficiary.

**If you have questions or have made a future gift, please let us know! Contact Matt Hilderbran, Development Manager at Twin Towers, [matt.hilderbran@lec.org](mailto:matt.hilderbran@lec.org) 513- 853-2009**

## 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 Dance- Wednesdays (July 11- August 29)- 4:00pm\*\***

## 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**- 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.**

**\*\*Will begin again in the Fall- Dates TBD)**

**Walking Group** - **April 20th - October 26th** Looking for ways to be more active? Join the Twin Towers walking program. A great educational, adventurous, and social program suited just for you! **Fridays- 10:30pm (Hader Room)**