

THE CAMPUS INFORMER

HealthRHYTHMS

Join us for our inaugural offering of HealthRHYTHMS at Twin Towers! This group will spend about an hour together each week on Wednesdays beginning June 6th at 10am in the Hader Room.

HealthRHYTHMS is not a drumming lesson, so don't worry if you aren't "musical" or a drummer! It is about having fun and finding creative expression and interaction with others using a variety of hand drums and percussion instruments. And, it is scientifically proven to help reduce stress and improve wellness! Sound interesting?

Call the Connection to sign up! This group is limited to 15 spots, and we ask that you commit for the full six weeks. Jeff Holmes will be the facilitator for this group.



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Share the Music

Friday, May 18

7:00pm - Gulden Community Center

Share the Music is a nonprofit organization that formed by Inna Terekhov and her students more than five years ago. The vision of Share the Music is to bring the joy of music to everyone and to inspire students to provide community service, and raise funding for those

students who cannot afford lessons if possible. There are more than a dozen of students, whose ages range from 6 to 17 years old.



Core Values

Respect ~ Innovation
Spirituality ~ Excellence



Twin Towers Senior Living Community

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

Twin Towers
A LIFE ENRICHING COMMUNITY
The Choice in Wellness Lifestyle.

Independent Living Birthday Dinner

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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

Due to the inclement weather of snow, freezing temperatures, abundance of rain, and high temperatures there was no Beautiful Garden Awards given out for the month of April. We are hoping that May is a much better weather and garden month!

The Criteria for a garden(s) will be:

1. The garden must be in the front of the patio homes and apartments.
2. The group will look for design, color and balance.
3. The garden should be naturally pleasing to the eye.
4. The garden should enhance the community.



We will recognize gardens in:

South Ridge Patio Homes

Tower Woods Patio Homes

Northern Expansion Apartments

The gardens Viox landscapers provide on campus

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.

SAVE THE DATE

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Reds Game Day Outings

Join us this summer as we enjoy America's greatest pastime live at Great American Ballpark. Check your Campus Informer each month for more details about how to reserve your tickets. Call Erich Coates at extension 2351 if you would like to sign up.

Tickets will cost \$30.00 each and cover:

~ **Roundtrip transportation** ~ **First Level handicap accessible seating**

Tickets will be available for the following 2018 Cincinnati Reds Games:



- ♦ Wednesday, May 9 vs New York Mets at 12:35pm
- ♦ Tuesday, June 5 vs Colorado Rockies at 7:10pm
- ♦ Thursday, July 26 vs Philadelphia Phillies at 7:10pm
- ♦ Tuesday, August 14 vs Cleveland Indians at 7:10pm
- ♦ Wednesday, September 12 vs Los Angeles Dodgers at 12:35pm

The Variety Sale

Friday, May 18

Variety Sale Room 10B 11:00am-2:00pm

Let's Party! Featuring Fathers Day, Patriotic, weddings, graduation & birthday party supplies. Now taking donations and accepting credit card sales over \$5. Your donations are always needed and appreciated.

Team Trivia Night

Wednesday, May 16 & Thursday, May 31

6:30pm – Parkview Room



You have all gained so much knowledge over the years, why not use that knowledge for a chance to win some prizes? Sign up as a team of no more than 6 and see if you have the brains to come out on top. Don't miss out on this fun filled night of competition!

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

Twin Towers: Niagara Falls, Thousand Islands, New York & Ottawa, Canada Trip

Date: September 10 – 15, 2018

Package includes: 5 nights and 6 days of gorgeous views, 10 meals, dine at Queen Victoria Place right on the falls, two days sightseeing two nations on Thousand Island boat tours, guided island tours of Boldt Castle and Singer Castle, educational tour of Ottawa, tour of The Royal Canadian Mounted Police Musical Ride Center, and shopping on Market Street. You're sure to enjoy the incredible views with your lunch at Mill Street Brewery inside a 140 year old former grist mill, dinner and a show "Greg Frewin Wild Magic Show" with LIVE tigers and more! **Call Tina Spicer at x2086 for questions or to sign up. A valid passport is required for this trip.**

EVENTS & PROGRAMS

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Tuesday, May 1

Rumpke Presentation: Recycle Responsibly

1:00pm - Gulden Community Center

Learn the historical perspective on the Rumpke company, the benefits of recycling, the factors that determine what materials Rumpke can accept for recycling, acceptable and unacceptable items, and what the recyclables eventually become.

Tuesday, May 1

Music Entertainment by Squeeze Play

7:00pm - Gulden Community Center

Squeeze Play was formed in January 1991 with the goal of being the biggest accordion band in the region. They play at Zinzinnati Oktoberfest and with the Cincinnati Pops Orchestra.

Friday, May 4 & 18

Card Making Class with Beth Klaine

1:00pm - Studio

Join in the fun of making your own greeting cards and learn a new technique in each class. This class is open to all skill levels. We will be making a daisy thinking of you and a happy birthday card. You will make and take your personal greeting cards with you.

Friday, May 4

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, May 7

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.

Monday, May 7 & 21

Chess Club with Silver Chess Services

11:00am - Studio

With each session we teach you the basic rules of the game and follow a logical curriculum on how to master the game over the course of months. We take you from being a complete beginner to being able to compete. Whether you want to learn a new skill or be able to teach your kids and grandkids chess, you're invited to join!

Wednesday, May 23

Crafting Your Story with Madeena Nolan

6:30pm - Studio

We all have stories to tell. Whatever you are working on: your family history, a memoir, or that novel you have always wanted to write-it's a story! In "Crafting Your Story" we will explore ways to make your writing more effective and make your story, whatever it is, the best it can be.

Tuesday, May 8 & 22

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, May 9

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.

Wednesday, May 9

Twin Towers Democratic Club Meeting

6:30pm - Studio

We meet to talk about important issues and to urge people to register and vote. We are a centrist group who believe that Politics is not a four letter word! Please join us.

Wednesday, May 9, 16, 23 & 30

Chair Volleyball Practice

1:00pm - Gulden Community Center-C side

*Away game vs Crosby 5/15 at 12:00pm
*Home game vs The Lodge 5/30 at 1:30pm
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.**

Thursday, May 10, 24, & 31

Toast-N-Talk Toastmasters Meeting

6:30pm - Studio

Special presentation 31st: "Are You Listening"
Listening is much more active than most people think. In this session you will develop skills in active listening, learn how to avoid distractions and practice listening to understand.

Monday, May 14 & 28

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, May 14

Dancing Grandmas on Tap

6:30pm - Gulden Community Center

The Dancing Grandmas are a performing tap dance group. The group was founded by the legendary Harris Rosedale in 1982. From ages 60 to 92, our dancers enjoy performing for a variety of audiences.

Tuesday, May 15

Historian Diane Shields: Jimmy Carter

1:30pm - Gulden Community Center

What an interesting president. He will certainly never be considered in a high ranking. Yet, his belief in the 'high road,' constant intellectual solutions for international problems, and his morality have to be commended.

Tuesday, May 15

Make your own Terrarium

3:00pm - Studio Cost: \$8.00

Due to popularity the class returns! Sign up to learn the basics on how to make your own succulent terrarium, from long time terrarium maker and plant lover, Lynn Lorio. Lynn is a 2nd year horticulture student at Cincinnati State, and works part-time as a horticulture gardener/nursery assistant at the Cincinnati Zoo & Botanical Garden. Lynn has been making beautiful terrariums for years as a way to make creative displays from her indoor collection of succulent plants. Space is limited a reservation is required for this event. **Secure your spot, please call Tina Spicer x2086.**

Monday, May 21

Wyoming Civic Winds

7:00pm - Gulden Community Center

The Wyoming Civic Winds, formally known as the American Legion Post 530 Band. The name may have changed but the Patriotic spirit stays the same.

Monday, May 21

Twin Towers Book Club

1:00pm - Studio

Join the Club! You can join in any time. Pick up your copy of this months featured book at the office of **Tina Spicer or call her for a book at x2086.**

Saturday, May 26

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!

EVENTS & PROGRAMS - OUTINGS

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Tuesday, May 29

Friday, May 25

Love Letters by A.R. Gurney, performance by Jim Bussey & Ginny Weil

6:30pm - Gulden Community Center

Andrew Makepeace Ladd III and Melissa Gardner, both born to wealthy and prominent families, are friends from second grade. Exchanging notes, postcards and letters they stay involved with each other over time and distance, throughout their lives. Love Letters is presented by special arrangement with Dramatists Play Service, Inc., New York.

Il Volo Takes Flight Musical Presentation

6:30pm - Gulden Community Center

A live performance 2012 DVD release from the teenage tenor trio. Il Volo Takes Flight - Live From the Detroit Opera House was filmed while the group was on their first North American concert tour. The project was produced by Grammy award winning producer Humberto Gatica (Michael Buble) and renowned Italian singer and producer Tony Renis. The show includes Italian classics such as "O Sole Mio" and "Un Amore Così Grande" as well as a magnificent version of the classic Charlie Chaplin song "Smile". A special thank you to Mr. & Mrs. S.



Reservations accepted Starting May 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.

Friday, May 11

Appalachian Festival at Coney Island

10:00am – Pick ups begin.

Cost: Tickets \$2. Lunch on your own.

The Appalachian Festival is one of Cincinnati's most popular annual festivals, drawing approximately 10,000 people over the three-day event each Mother's Day weekend. The festival is produced and managed by the Appalachian Community Development Council (ACDA), a non-profit organization promoting awareness of and appreciation for Appalachian culture. Proceeds from the festival go toward grants to organizations involved in Appalachian life. We'll visit the educational Appalachian Living History area, take in the live music, visit the Arts and Crafts section of the festival, and lunch at the many festival food trucks.

Thursday, May 17

Day Outing: Village of Nashville, Indiana

9:00am – Pick ups. Return time 6:00pm

Cost: Tickets \$25. Lunch \$8 and up.

This trip will provide in route comfort stops to and from. Nashville, Indiana is an historic artist's colony located in the mystical blue hills of Brown County Indiana. The quaint village has hundreds of unique craft, specialty and antique shops. Following our day in Little Nashville we will take a guided tour of Zoo Opolis. Zoo Opolis is an educational/learning, hands on interactive zoo! With over 100 Animals that you are able to touch, play with and feed. Half of their Animals are rescues including, Raccoon, Red Fox, Australian Wallabies, Skunk, Fawns, Prairie Dogs, Chinchillas, Sugar Gliders, Lewisi Hybrid Iguana and tea cup pigs.

Thursday, May 31

Lunch Outing: The Works Brick Oven Pizza & Trailside Hawaiian Ice Shack

11:30am – Pick ups begin. **Cost:** Lunch \$7. Ice Shack \$5

Great food is to be had at The Works Brick Oven Pizza. Dine in the unique setting of an old fire station along the gorgeous walking trails of Lebanon. They serve more than just pizza! After lunch we'll enjoy a cool refreshing treat at the Trailside Hawaiian Ice Shack. The restaurant is a little bitty of a place, nestled in the most beautiful walking trail of Lebanon. Pick any flavor you like or even create a crazy custom combination! They have a vast array of flavors to chose from.

MAY CALENDAR

TUESDAY, MAY 1	8:00AM CONTEMPLATIVE PRAYER (CHAPEL) 9:00AM PODIATRIST BY APPT. PLEASE CALL X2717 TO SCHEDULE. (CLINIC) 9:00AM AUDIOLOGIST NO APPOINTMENT NEEDED 9AM-11AM (CLINIC) 1:00PM RUMPKE PRESENTATION: RECYCLE RESPONSIBLY (GULDEN COMMUNITY CENTER) 3:00PM CATHOLIC COMMUNION SERVICE (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 6:00PM PRAYER GATHERING (ROOM 204) 6:30PM ALZHEIMERS SUPPORT GROUP (HADER ROOM) 7:00PM MUSIC ENTERTAINMENT BY SQUEEZE PLAY (GULDEN COMMUNITY CENTER)
WEDNESDAY, MAY 2	10:00AM KROGER TRIP 11:00AM "MAY CROWNING" (CHAPEL) 12:30PM WII BOWLING (PARKVIEW ROOM) 1:00PM CANCELLED CHAIR VOLLEYBALL PRACTICE (GULDEN COMMUNITY CENTER- C SIDE) 1:30PM CANCELLED HANDBELL CHOIR PRACTICE (CHAPEL BALCONY) 3:00PM CATHOLIC MASS (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 6:20PM CHRISTIAN FELLOWSHIP (GULDEN COMMUNITY CENTER) 6:30PM OPEN BRIDGE & CARD GAME NIGHT (PARKVIEW CARD ROOM)
THURSDAY, MAY 3	10:30AM CHAPEL CHOIR PRACTICE (CHAPEL) 11:30AM BIBLE STUDY: ASSOCIATES AND RESIDENTS (ROOM 204) 1:00PM GRIEFSHARE (3RD FLOOR MEETING ROOM NORTHERN EXPANSION) 3:00PM CATHOLIC COMMUNION SERVICE (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 3:15PM BELLES AND BEAUX (HADER ROOM) 6:30PM PICK-UP FOR OUTING TO CIRQUE DU SOLEIL AT US BANK ARENA
FRIDAY, MAY 4	11:00AM THE FRIDAY EDITION* (CHANNEL 1852) 11:00AM THE FRIDAY EDITION VIEWING* (PARKVIEW ROOM & CHANNEL 1852) 1:00PM CARD MAKING CLASS WITH BETH KLAINE (STUDIO) 1:30PM CHAPLAIN'S HOUR (PARKVIEW ROOM) 3:00PM CATHOLIC MASS (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 3:00PM PHOTOGRAPHY CLASS WITH ERNEST WORTHING (STUDIO)
SATURDAY, MAY 5	5:00PM CATHOLIC MASS (CHAPEL)*

* = Televised on Channel 1852

MAY CALENDAR

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SUNDAY, MAY 6	11:00AM SUNDAY SCHOOL (ART GALLERY) 2:30PM CHAPEL SERVICE* (CHAPEL) 7:00PM AL-ANON MEETING (HADER ROOM)
MONDAY, MAY 7	9:00AM BLOOD PRESSURE CHECKS (CLINIC) 10:00AM CROCHET WORK GROUP (STUDIO) 11:00AM CHESS CLUB WITH SILVER CHESS SERVICES (STUDIO) 12:30PM CONTEMPLATIVE PRAYER (CHAPEL) 1:00PM KROGER TRIP 3:00PM CATHOLIC MASS (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 6:00PM GROUP FOR SERIOUS WRITERS (3RD FLOOR NORTHERN EXPANSION) 6:30PM THE SOCIABLES (GULDEN COMMUNITY CENTER)
TUESDAY, MAY 8	8:00AM CONTEMPLATIVE PRAYER (CHAPEL) 11:30AM PICK-UPS FOR REDS GAME DAY OUTING 1:00PM WATERCOLOR/SOCIAL HOUR WITH HOWARD (STUDIO) 3:00PM CATHOLIC COMMUNION SERVICE (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 6:00PM PRAYER GATHERING (ROOM 204)
WEDNESDAY, MAY 9	10:00AM KROGER TRIP 12:30PM WII BOWLING (GULDEN COMMUNITY CENTER- B SIDE) 1:00PM CHAIR VOLLEYBALL (GULDEN COMMUNITY CENTER- C SIDE) 1:30PM HANDBELL CHOIR PRACTICE (CHAPEL BALCONY) 3:00PM MIKE CONNELLY, DID YOU KNOW? (STUDIO) 3:00PM CATHOLIC MASS (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 4:45PM IL RESIDENT BIRTHDAY DINNER BY INVITATION ONLY (ART GALLERY) 6:30PM OPEN BRIDGE & CARD GAME NIGHT (PARKVIEW CARD ROOM) 6:30PM TWIN TOWERS DEMOCRATIC CLUB MEETING (STUDIO)
THURSDAY, MAY 10	10:30AM CHAPEL CHOIR PRACTICE (CHAPEL) 11:30AM BIBLE STUDY: ASSOCIATES AND RESIDENTS (ROOM 204) 1:00PM GRIEFSHARE (3RD FLOOR MEETING ROOM NORTHERN EXPANSION) 3:00PM CANCELLED CATHOLIC COMMUNION SERVICE (CHAPEL)* 3:15PM BELLES AND BEAUX CONCERT DRESS REHEARSAL (CHAPEL) 6:30PM TOAST-N-TALK TOASTMASTERS MEETING (STUDIO)
FRIDAY, MAY 11	10:00AM PRAYER SHAWL MINISTRY (ROOM 204) 10:00AM PICK-UPS FOR OUTING TO THE APPALACHIAN FESTIVAL AT CONEY ISLAND 11:00AM THE FRIDAY EDITION* (CHANNEL 1852) 1:30PM CHAPLAIN'S HOUR (PARKVIEW ROOM) 2:00PM CANCELLED CATHOLIC MASS (CHAPEL)* 3:00PM RESIDENT COUNCIL MEETING (GULDEN COMMUNITY CENTER) 6:30PM BELLES AND BEAUX SPRING CONCERT (CHAPEL) RECEPTION (ART GALLERY) 6:30PM FRIDAY NIGHT MOVIE: COCO (GULDEN COMMUNITY CENTER)
SATURDAY, MAY 12	5:00PM CATHOLIC MASS (CHAPEL)*



<p>SUNDAY, MAY 13</p>	<p>11:00AM SUNDAY SCHOOL (ART GALLERY) 2:30PM CHAPEL SERVICE* (CHAPEL) 7:00PM AL-ANON MEETING (HADER ROOM)</p>
<p>MONDAY, MAY 14</p>	<p>9:00AM BLOOD PRESSURE CHECKS (CLINIC) 10:00AM CROCHET WORK GROUP (STUDIO) 12:30PM CONTEMPLATIVE PRAYER (CHAPEL) 1:00PM KROGER TRIP 1:00PM COMPUTER SERVICES BY IRA (COMPUTER ROOM 1ST FLOOR) 3:00PM CATHOLIC MASS (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 6:00PM GROUP FOR SERIOUS WRITERS (3RD FLOOR NORTHERN EXPANSION) 6:30PM DANCING GRANDMAS ON TAP (GULDEN COMMUNITY CENTER)</p>
<p>TUESDAY, MAY 15</p>	<p>8:00AM CONTEMPLATIVE PRAYER (CHAPEL) 9:00AM PODIATRIST BY APPT. PLEASE CALL X2717 TO SCHEDULE. (CLINIC) 12:00PM CHAIR VOLLEYBALL AWAY GAME VS CROSBY 1:30PM HISTORIAN DIANE SHIELDS: JIMMY CARTER (GULDEN COMMUNITY CENTER) 3:00PM MAKE YOUR OWN TERRARIUM (STUDIO) 3:00PM CATHOLIC COMMUNION SERVICE (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 6:00PM PRAYER GATHERING (ROOM 204) 6:30PM ALZHEIMERS SUPPORT GROUP (HADER ROOM)</p>
<p>WEDNESDAY, MAY 16</p>	<p>10:00AM KROGER TRIP 12:30PM WII BOWLING (GULDEN COMMUNITY CENTER- B SIDE) 1:00PM CHAIR VOLLEYBALL PRACTICE (GULDEN COMMUNITY CENTER- C SIDE) 1:30PM HANDBELL CHOIR PRACTICE (CHAPEL BALCONY) 3:00PM CATHOLIC MASS (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 6:30PM TEAM TRIVIA NIGHT (PARKVIEW ROOM) 6:30PM OPEN BRIDGE & CARD GAME NIGHT (PARKVIEW CARD ROOM)</p>
<p>THURSDAY, MAY 17</p>	<p>9:00AM PICK-UPS FOR DAY OUTING: VILLAGE OF NASHVILLE, INDIANA 10:30AM CHAPEL CHOIR PRACTICE (CHAPEL) 10:30AM PICK-UPS FOR NORTHGATE MALL/WALMART SHOPPING TRIP 10:30AM JIM'S RESIDENT OPEN FORUM (GULDEN COMMUNITY CENTER) 1:00PM GRIEFSHARE (3RD FLOOR MEETING ROOM NORTHERN EXPANSION) 3:00PM CATHOLIC COMMUNION SERVICE (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY</p>
<p>FRIDAY, MAY 18</p>	<p>11:00AM THE FRIDAY EDITION* (CHANNEL 1852) 11:00AM THE VARIETY SALE (ROOM 10B) 1:30PM CHAPLAIN'S HOUR (PARKVIEW ROOM) 3:00PM CATHOLIC MASS (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 3:00PM PHOTOGRAPHY CLASS WITH ERNEST WORTHING (STUDIO) 7:00PM SHARE THE MUSIC (GULDEN COMMUNITY CENTER)</p>
<p>SATURDAY, MAY 19</p>	<p>5:00PM CATHOLIC MASS (CHAPEL)*</p>

* = Televised on Channel 1852

MAY CALENDAR

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SUNDAY, MAY 20	11:00AM SUNDAY SCHOOL (ART GALLERY) 2:30PM CHAPEL SERVICE* (CHAPEL) 7:00PM AL-ANON MEETING (HADER ROOM)
MONDAY, MAY 21	9:00AM BLOOD PRESSURE CHECKS (CLINIC) 10:00AM CROCHET WORK GROUP (STUDIO) 11:00AM CHESS CLUB WITH SILVER CHESS SERVICES (STUDIO) 12:30PM CONTEMPLATIVE PRAYER (CHAPEL) 1:00PM KROGER TRIP 1:00PM TWIN TOWERS BOOK CLUB (STUDIO) 3:00PM CATHOLIC MASS (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 6:00PM GROUP FOR SERIOUS WRITERS (3RD FLOOR NORTHERN EXPANSION) 7:00PM WYOMING CIVIC WINDS (GULDEN COMMUNITY CENTER)
TUESDAY, MAY 22	8:00AM CONTEMPLATIVE PRAYER (CHAPEL) 1:00PM WATERCOLOR/SOCIAL HOUR WITH HOWARD (STUDIO) 1:30PM EPISCOPAL MASS (CHAPEL) 3:00PM CATHOLIC COMMUNION SERVICE (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 6:00PM PRAYER GATHERING (ROOM 204) 6:00PM REPLAY OF GOOD FRIDAY'S SHOWING OF "SAVIOR: THE STORY OF GOD'S PASSION FOR HIS PEOPLE" (GULDEN COMMUNITY CENTER)
WEDNESDAY, MAY 23	10:00AM KROGER TRIP 12:30PM WII BOWLING (GULDEN COMMUNITY CENTER- B SIDE) 1:00PM CHAIR VOLLEYBALL PRACTICE (GULDEN COMMUNITY CENTER- C SIDE) 1:30PM HANDBELL CHOIR PRACTICE (CHAPEL BALCONY) 3:00PM CATHOLIC MASS (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 6:30PM OPEN BRIDGE & CARD GAME NIGHT (PARKVIEW CARD ROOM) 6:30PM CRAFTING YOUR STORY WITH MADEENA NOLAN (STUDIO)
THURSDAY, MAY 24	10:30AM CHAPEL CHOIR PRACTICE (CHAPEL) 1:00PM GRIEFSHARE (3RD FLOOR MEETING ROOM NORTHERN EXPANSION) 3:00PM CATHOLIC COMMUNION SERVICE (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 6:30PM TOAST-N-TALK TOASTMASTERS MEETING (STUDIO)
FRIDAY, MAY 25	11:00AM THE FRIDAY EDITION* (CHANNEL 1852) 1:30PM CHAPLAIN'S HOUR (PARKVIEW ROOM) 3:00PM CATHOLIC MASS (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY 6:30PM LOVE LETTERS BY A.R. GURNEY, PERFORMANCE BY JIM BUSSEY & GINNY WEIL (GULDEN COMMUNITY CENTER)
SATURDAY, MAY 26	1:30PM ALL CAMPUS BINGO (STUDIO) 5:00PM CATHOLIC MASS (CHAPEL)*

SUNDAY, MAY 27

- 11:00AM SUNDAY SCHOOL (ART GALLERY)
- 2:30PM CHAPEL SERVICE* (CHAPEL)
- 7:00PM AL-ANON MEETING (HADER ROOM)

MONDAY, MAY 28



**SALUTING THE VETERANS
MEMORIAL DAY**

- CLOSED: SALON, TRANSPORTATION, CLINIC, BUSINESS OFFICES
CONNECTION CLOSED FOR ANNUAL SHUTDOWN MAY 28 – JUNE 2
- 9:00AM BLOOD PRESSURE CHECKS (CLINIC)
 - 10:00AM CROCHET WORK GROUP (STUDIO)
 - 12:30PM CONTEMPLATIVE PRAYER (CHAPEL)
 - 1:00PM KROGER TRIP
 - 1:00PM COMPUTER SERVICES BY IRA (COMPUTER ROOM 1ST FLOOR)
 - 3:00PM CATHOLIC MASS (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY
 - 6:00PM GROUP FOR SERIOUS WRITERS (3RD FLOOR NORTHERN EXPANSION)

TUESDAY, MAY 29

- 8:00AM CONTEMPLATIVE PRAYER (CHAPEL)
- 9:00AM PODIATRIST BY APPT. PLEASE CALL X2717 TO SCHEDULE. (CLINIC)
- 1:00PM LIL: GENE THERAPY / LOW VISION GROUP (GULDEN COMMUNITY CENTER B SIDE)
- 3:00PM CATHOLIC COMMUNION SERVICE (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY
- 6:00PM PRAYER GATHERING (ROOM 204)
- 6:30PM IL VOLO TAKES FLIGHT A MUSICAL DVD PRESENTATION (GULDEN CENTER)

WEDNESDAY, MAY 30

- 10:00AM KROGER TRIP
- 10:00AM AGING & SPIRITUALITY: PILGRIMAGE INTO THE LAST THIRD OF LIFE (GULDEN COMMUNITY CENTER)
- 12:30PM WII BOWLING (GULDEN COMMUNITY CENTER- B SIDE)
- 1:30PM CHAIR VOLLEYBALL HOME GAME VS. LODGE (GULDEN COMMUNITY CENTER- C SIDE)
- 1:30PM HANDBELL CHOIR PRACTICE (CHAPEL BALCONY)
- 3:00PM CATHOLIC MASS (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY
- 6:30PM OPEN BRIDGE & CARD GAME NIGHT (PARKVIEW CARD ROOM)

THURSDAY, MAY 31

- 10:30AM CHAPEL CHOIR PRACTICE (CHAPEL)
- 11:30AM PICK-UPS FOR LUNCH OUTING TO THE WORKS BRICK OVEN PIZZA & TRAILSIDE HAWAIIAN ICE SHACK
- 1:00PM GRIEFSHARE (3RD FLOOR MEETING ROOM NORTHERN EXPANSION)
- 3:00PM CATHOLIC COMMUNION SERVICE (CHAPEL)* ROSARY FOLLOWING SERVICE IN MAY
- 6:30PM TEAM TRIVIA NIGHT (PARKVIEW ROOM)
- 6:30PM TOAST-N-TALK TOASTMASTERS PRESENTATION: "ARE YOU LISTENING" (STUDIO)

*** = Televised on Channel 1852**

Wellness tip

Moving our bodies every day decreases our risk of heart disease and other chronic illnesses. It also helps reduce stress and keeps our bones and joints healthy. Take a 10-minute walk three times a day, five days a week. You will look and feel better.

Aging and Spirituality - Pilgrimage into the Last Third of Life
Wednesday, May 30th 10-11:30am in the Gulden Center

***Those who are planted in the house of the Lord
Shall flourish in the courts of our God.
They shall still bear fruit in old age;
They shall be fresh and flourishing. Psalm 92:13-14***

Would you like to trudge through your old age or pursue a pilgrimage? Will you embrace the last third of life, as Jane Thibault has called it, or hold its reality at a distance?

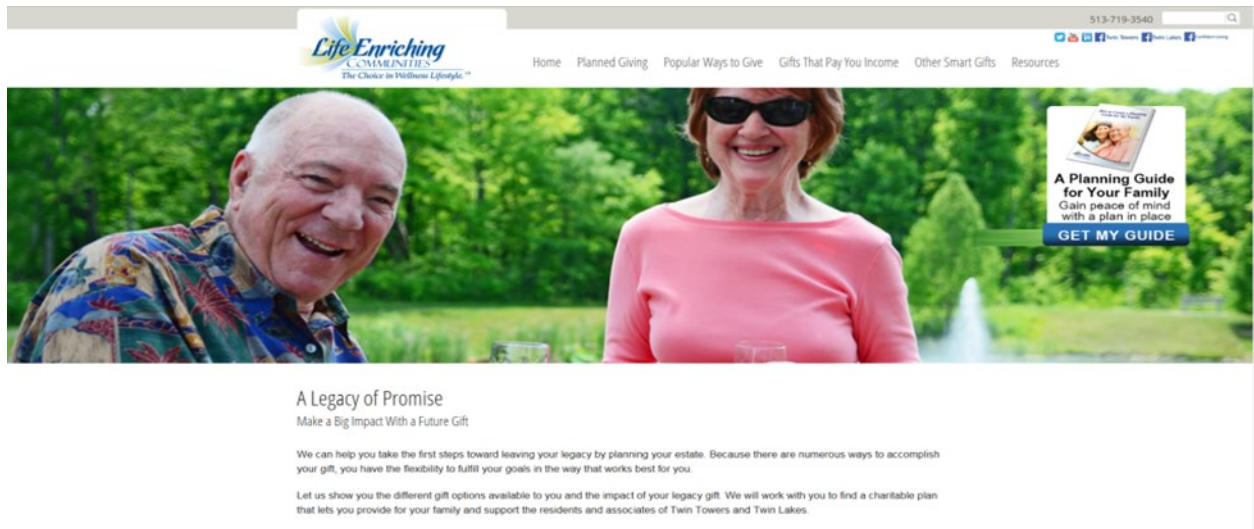
Join us for a workshop led by Rev. Susan Jinnett-Sack, as we explore the initial steps on this pilgrimage. Our stops will include the nature of pilgrimage, downsizing but still growing, doing the inner work of your soul and living in community (the 'new dorms').

Susan brings a life experience of mid-life career change from corporate law to ministry, raising a family in the midst of moves of all sorts, and ministry in churches. Please join us!!

Open to Twin Towers residents & associates. Call Matt at x2009 to RSVP

Did you know we have a website that can help you take the first steps toward leaving your legacy by planning your estate? Because there are numerous ways to accomplish your gift, you have the flexibility to fulfill your goals in the way that works best for you. Let us show you the different gift options available to you and the impact of your legacy gift. We will work with you to find a charitable plan that lets you provide for your family and support the residents and associates of Twin Towers.

Check out lec.planmygift.org or call **Matt at x2009**.



The screenshot shows the website for Life Enriching, a division of Cornerstones. The header includes the logo and tagline "The Choice in Wellness Lifestyle™", along with navigation links for Home, Planned Giving, Popular Ways to Give, Gifts That Pay You Income, Other Smart Gifts, and Resources. A search bar with the number 513-719-3540 is also present. The main banner features a photograph of an elderly man and woman smiling outdoors. A call-to-action box on the right of the banner reads "A Planning Guide for Your Family Gain peace of mind with a plan in place GET MY GUIDE". Below the banner, the text reads "A Legacy of Promise Make a Big Impact With a Future Gift". At the bottom, a paragraph states: "We can help you take the first steps toward leaving your legacy by planning your estate. Because there are numerous ways to accomplish your gift, you have the flexibility to fulfill your goals in the way that works best for you. Let us show you the different gift options available to you and the impact of your legacy gift. We will work with you to find a charitable plan that lets you provide for your family and support the residents and associates of Twin Towers and Twin Lakes."

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

Connection Annual Shutdown

Monday, May 28th - Saturday, June 2nd

Movement Opportunities - Land

Super Seniors - A land class focused on building strength, increasing flexibility, improving balance, and maintaining proper spinal alignment. *Moderate Intensity.*

Tuesday & Thursday - 9:30am (Hader Room)

Tranquil Motion - Tai Chi movements that emphasize weight transference, which helps to improve balance and prevent falls. Tai Chi facilitates the flow of qi (pronounced "chee") through the body, a life energy that circulates throughout the body, performing many functions to maintain physical and intellectual wellness. *Low Intensity.*

Monday & Wednesday - 3:00pm (Hader Room)

Pilates For Healthy Movement- Session January 5- May 25 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.**

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)**