

AUGUST 2025 NEWSLETTER

IT'S BACK!!!



AUGUST 29 11AM - 2PM



BACK BY POPULAR DEMAND

The Annual Connection Pool Party is back on **Friday, August 29**, from **11 a.m. to 2 p.m.** Join us for a day filled with community, music, delicious food, refreshing drinks, and exciting pool volleyball, all under this year's theme: **"Waves of Wellness."**

Discover the various class offerings at the Connection, relax in the pool, and enjoy much more!

Come grab your August schedule!

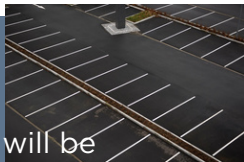
Chair Fit - Level 2 now extended to 45 minutes!

Balance Series every Wed. in August



Parking Lot Refinishing

The parking lot will be



refinished the **week of August 18**. The Connection will be most affected on **Monday 8/18** and **Wednesday 8/20**. This timeline is subject to change. Thank you for your patience through these improvements.



There's More to Discover at Twin Towers!

The Connection isn't the only space getting a fresh new look—our entire community is evolving! From beautifully remodeled common areas to brand-new apartment options, exciting changes are underway across campus.

Learn more - or schedule a personal tour - today!





MARCIA WESSELS

For 34 years, Marcia Wessels has served the Twin Towers community with care and commitment—as a Registered Nurse, Director, and manager across nearly every level of care. Now, as Independent Living Clinic Manager, Marcia continues to lead by example—not just professionally, but personally through her wellness journey.

Marcia took up distance running at age 50, building a routine of running 2–3 miles five times a week. Ten years ago, she began water aerobics, and at the start of this year, she took on a new challenge: strength training in the fitness room. “I wanted to strengthen my upper body,” she says, admitting that she was initially intimidated by lifting weights—but now feels much more confident.

Twice a week after work, Marcia heads to the Connection to prioritize her health. “Exercise keeps people more mentally fit in addition to being physically fit,” she shares. “It helps people recover quicker and build relationships.”

Her consistent presence and positive example serve as encouragement to residents and fellow associates alike—reminding us all that it’s never too late to try something new.

Monday:	7am - 5pm
Tuesday:	7am - 5pm
Wednesday:	7am - 5pm
Thursday:	7am - 5pm
Friday:	7am - 5pm
Saturday:	8am - 12pm

- 1 LOW INTENSITY (OR FULLY SEATED)
- 2 MED INTENSITY (OR CHAIR FOR BALANCE)
- 3 HIGHER INTENSITY (HIGH MOVEMENT)



AUGUST 2025

WHITE - AQUATIC
GOLD - LAND

LAND & WATER SCHEDULE

MONDAY

AQUA FIT

11 - 11:45AM 2

TUESDAY

AQUA PILATES

9:30 - 10:15AM 1

ZUMBA GOLD

11 - 11:45AM 2

CHAIR FIT (FULLCHAIR)

2:30 - 3PM 1

WEDNESDAY

AQUA MOVEMENT

9 - 9:45AM 1

AQUA FIT

11 - 11:45AM 2

WELLNESS SPOTLIGHT: BALANCE

2:30 - 3PM 2

THURSDAY



CHAIR FIT LEVEL 2 (CHAIR TO STAND) 2:30 - 3:15PM 2

FRIDAY

TRANQUIL MOTION (TAI CHI)

10:30 - 11:30AM 2

AQUA FIT

11 - 11:45AM 2



SAT. AUGUST 09 & 23 - TRAILBLAZERS - MEET AT 10AM
AUGUST 28 - CHAIR PILATES AT 10AM
AUGUST 29 - ANNUAL CONNECTION POOL PARTY 11AM - 2PM



LAP & OPEN SWIM HOURS

MONDAY 7 - 10:45AM
12:15 - 4:45PM

WEDNESDAY 7 - 8:45AM
12:15 - 4:45PM

FRIDAY 7 - 10:45AM 12:15 -
4:45PM

TUESDAY 7 - 9:15AM
10:30AM - 4:45PM

THURSDAY 7AM - 4:45PM

SATURDAY 8 - 11:45AM



**Annual
Connection
Pool Party**
Fri. 8/29
11am - 2pm
Food, Drinks,
Pool Volleyball
Community
Hear about new
offerings at the
Connection, party
with us to celebrate
the Summer, and
have a drink by the
pool.

Mon	Tue	Wed	Thu	Fri	Sat
				1 Tranquil Motion 10:30a Aqua Fit 11am	2 Connection 8am - Noon
4 Aqua Fit 11am	5 Aqua Pilates 9:30a Get Movin' AL5 10:30a Zumba Gold 11am Chair Fit 2:30p	6 Aqua Movement 9am Aqua Fit 11am Balance 2:30p	7 Get Movin' AL5 10:30a Chair Fit - Lev 2 2:30p	8 Tranquil Motion 10:30a Aqua Fit 11am	9 Connection 8am - Noon
11 Aqua Fit 11am	12 Aqua Pilates 9:30a Get Movin' AL5 10:30a Zumba Gold 11am Chair Fit 2:30p	13 Aqua Movement 9am Aqua Fit 11am Balance 2:30p	14 Get Movin' AL5 10:30a Chair Fit - Lev 2 2:30p	15 Tranquil Motion 10:30a Aqua Fit 11am	16 Connection 8am - Noon
18 Aqua Fit 11am	19 Aqua Pilates 9:30a Get Movin' AL5 10:30a Zumba Gold 11am Chair Fit 2:30p	20 Aqua Movement 9am Aqua Fit 11am Balance 2:30p	21 Get Movin' AL5 10:30a Chair Fit - Lev 2 2:30p	22 Tranquil Motion 10:30a Aqua Fit 11am	23 Connection 8am - Noon
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