

July 2025

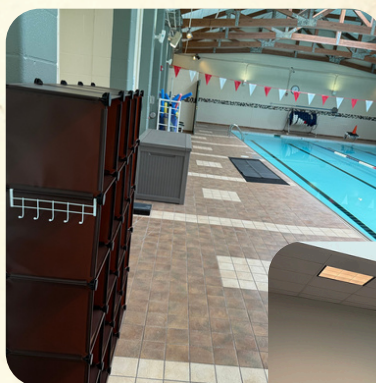
NEWSLETTER

A Fresh Coat of Paint

We completed our annual shutdown, and a few things will look different! Come by to check out the:

- New TV, carpet, and configuration in the individual fitness room.
- New storage areas in the pool area.
- A cleaner, brighter Connection

Thank you for your patience for this much needed refresh.



The Connection within Walking Distance



So many Connection members (like Ruby in our July spotlight article) have found home at Twin Towers. If you are interested in touring patio homes or apartments, along with the rest of the campus, scan the QR code to get connected with the sales department to discover more about Twin Towers.



RUBY COLE



Ruby Cole's story is one of resilience, determination, and heart—a spirit cultivated in her earliest days growing up on a farm. "I was my father's right arm," she says with pride, recalling a childhood filled with the rhythm of rural life. Her family raised milking cows, sheep, chickens, and—her favorite—horses. "I had wonderful parents, and I'm glad to have had that experience."

After settling in nearby College Hill as an adult, Ruby joined the Connection at Twin Towers shortly after retiring. "It is important to exercise as children, and should continue throughout your life," she says. "Being able to walk opens up doors." But after a fall and vision challenges made it difficult to drive, Ruby found herself less mobile. That's when she made a life-enhancing decision—Twin Towers quickly rose to the top of her list, largely because of her experience at the Connection.

Now a resident, Ruby thrives with a weekly wellness routine that includes Get Movin' classes on the Assisted Living 5th Floor and one-on-one strength and balance training with Drew. "There is a great staff here," she shares. "Get Movin' is an excellent program," one where participants "don't feel intimidated" when getting started. Ruby calls the Connection her "favorite thing at Twin Towers" and a "hidden treasure."

Ruby's enthusiasm for wellness is matched by her love of challenge. "After a workout I feel like I accomplished something," she says. "It's nice to have a routine—knowing 'today, I'm going to the gym' creates a wonderful feeling." Her current goal? To improve her mobility and maintain the independence she values so much.

With the July newsletter highlighting upcoming campus tours, Ruby's story is a meaningful reminder of what makes Twin Towers unique—not just the facilities, but the people and programs that enrich everyday living.

"You're only as old as you feel," Ruby advises. "Keep doing as much as you can do."

STARTING JULY 9, WE WILL BE STARTING A "STUDIO SPOTLIGHT" SERIES HAPPENING EVERY WEDNESDAY AT 2:30. INSTRUCTORS WILL ROTATE, INTRODUCING A NEW ACTIVITY EACH WEEK.

- **JULY 9 - BALANCE WITH DREW**
- **JULY 16 - MAT-BASED DDP YOGA WITH TIM**
- **JULY 23 - DANCE FITNESS WITH BLAIR**
- **JULY 30 - STRENGTH & BODY BAR WITH TIM**

TABLE TENNIS TOURNNEY

Join the "Parkview Paddlers" for a series of ping pong matches among TT residents, LEC Associates, Omnia workers, and community members. Matches will consist of at least 4 singles games, ending by August 1. Coordinator Howard Tolley will hold a registration session on July 3 at 4:30 pm in Parkview.

If you can't attend, register via email to receive rules and scheduling info. Matches are scheduled every Tuesday and Friday in July from 2:30 to 5:30 pm, but players can arrange matches at their convenience. TT staff can join the "Parkview Paddlers" group on the Central Calendar for more details.