

June 2025



June Shutdown

The annual shutdown is upon us!

The Connection will be closed from June 16 - 28

Here are two big ways to stay active during these two weeks:



Donna & Connie Schrand are opening up their home and pool for Aqua Fit and Aqua Pilates to all at:

5957 Snyder Rd.

Cincinnati, OH 45247

513-608-3162 or 513-608-3163

This schedule will be as follows:

Mon. 6/16, 11am Aqua Fit

(No Aqua Pilates 6/19)

Wed. 6/18, 11am Aqua Fit

Fri. 6/20, 11am Aqua Fit

Mon. 6/23, 11am Aqua Fit

Tue. 6/24, 9:30am Aqua Pilates

Wed. 6/25, 11am Aqua Fit

Fri. 6/27, 11am Aqua Fit



Connection members will be able to use the pool, fitness room, and take classes at Twin Lakes in Montgomery. When visiting, just notate that you are members at Twin Towers Connection.

More information can be found following the QR code below:



Filipino Folk Dance

In May, we celebrated Asian American and Pacific Islander month with Filipino Folk Dance class. Over 25 members participated as Blair taught 3 traditional dances for a fun and informative program from chair and standing!





LOU WOYCKE

When Lou Woycke made a New Year's resolution to be more active, he meant it—and he's been living it ever since! A resident of Twin Towers, Lou is now a regular presence in nearly every class held in the Hader Room. From Chair Fit and Chair Fit Level 2 to Music & Drumming, Chair Volleyball, Trailblazers, and the Trailblazers Walking Group, Lou jumped in with both feet and hasn't looked back.

With a 40-year career as a Registered Nurse, Lou knows the importance of staying mobile and healthy. He credits his new routine with helping reduce his back pain, which has made a major difference in his day-to-day comfort and quality of life. Lou decided I was going to be as active as I could—and he's followed through in every way.

But Lou's wellness journey isn't just physical. He's also a dedicated participant in prayer groups, GriefShare, folk dancing, trivia nights, and volunteers regularly at sales events. These activities feed his emotional, social, and intellectual wellness—rounding out a life that embraces the full spectrum of healthy aging.

If there's a resident who embodies all six dimensions of wellness, it's Lou Woycke. We're proud to spotlight him and grateful to have his energy and enthusiasm as part of our community.

June - July Hours

June 16 - 28 Closed for Shutdown

July 4 : Open 8am - Noon

July 5 : Closed

JUNE 2025



WHITE - AQUATIC
GOLD - LAND

LAND & WATER SCHEDULE

MONDAY

AQUA FIT

11 - 11:45AM

TUESDAY

AQUA PILATES 9:30 - 10:15AM

ZUMBA GOLD 11 - 11:45AM

CHAIR FIT (FULL CHAIR) 2:30 - 3PM

WEDNESDAY

AQUA MOVEMENT 9 - 9:45AM

AQUA FIT 11 - 11:45AM

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



THURSDAY

CHAIR FIT (FULL CHAIR)

2:30 - 3PM

FRIDAY

TRANQUIL MOTION (TAI CHI)

10:30 - 11:30AM

AQUA FIT

11 - 11:45AM

THE CONNECTION WILL BE CLOSED FROM JUNE 16 - 28 FOR ANNUAL SHUTDOWN

THU. JUNE 5- SPA CLOSED FOR MAINTENANCE AND REFILL 1PM

SAT. JUNE 14 & 28- TRAILBLAZERS - MEET AT 10AM

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

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Aqua Fit 💧 11am	3 Aqua Pilates 💧 9:30a Get Movin' AL5 🏹 10:30a Zumba Gold 🏹 11am Chair Fit 🏹 2:30p	4 Aqua Movement 💧 9am Aqua Fit 💧 11am Chair to Stand 🏹 2:30p	5 Spa Refill - 1pm  Get Movin' AL5 🏹 10:30a Chair Fit 🏹 2:30p	6 Tranquil Motion 🏹 10:30a Aqua Fit 💧 11am	7 Connection 8am - Noon
9 Aqua Fit 💧 11am	10 Aqua Pilates 💧 9:30a Get Movin' AL5 🏹 10:30a Zumba Gold 🏹 11am Chair Fit 🏹 2:30p	11 Chair Pilates - 10am  Aqua Movement 💧 9am Chair Pilates 🏹 10am Aqua Fit 💧 11am Chair to Stand 🏹 2:30p	12 Get Movin' AL5 🏹 10:30a Chair Fit 🏹 2:30p	13 Tranquil Motion 🏹 10:30a Aqua Fit 💧 11am	14 Connection 8am - Noon
16	17	18	19	20	21
<p>Members Encouraged to Utilize Twin Lakes during the shutdown and Donna Schrand will be hosting pool classes at her home</p>					
<p>ANNUAL CONNECTION SHUTDOWN JUNE 16 - 28</p>					
23	24	25	26	27	28
	 9840 Montgomery Rd, Montgomery, OH 45242 Open to TT Connection Members		 Pool Classes at Donna Schrand's 5957 Snyder Rd. Cincinnati, OH 45247 M-W-F Aqua Fit and 6/24 Aqua Pilates		
30 Aqua Fit 💧 11am	1  Aqua Pilates 💧 9:30a Get Movin' AL5 🏹 10:30a Zumba Gold 🏹 11am Chair Fit 🏹 2:30p	2 Aqua Movement 💧 9am Aqua Fit 💧 11am Chair to Stand 🏹 2:30p	3 Get Movin' AL5 🏹 10:30a Chair Fit 🏹 2:30p	4  Open 8am - Noon No Ind. or Group Instruction	5  Closed Fourth of July Weekend