

OCTOBER 2025



NEWSLETTER

**WALK
TO
END**
ALZHEIMER'S
ALZHEIMER'S ASSOCIATION



On October 4, the Connection team will be downtown at Sawyer Point for the annual Walk to End Alzheimer's. The walk begins at 10am, with festivities beginning at 8:30.

Community members, Twin Towers residents, and associates are welcome to sign up to walk on the LEC - Twin Towers team!

For residents that would like to walk here at Twin Towers, there will be an on-campus walk and picnic hosted by Twin Towers and Curana Health.



The renovated Greeno wing will be a space that combines functionality, comfort, and aesthetics to create an environment that caters to the specific needs and desires of residents in assisted living.



Our bistro is relocating to a more prominent and spacious location! By designing the new bistro with an open and lively atmosphere, we can create a welcoming space where people can gather, enjoy good food, and connect with others.

Balance and Strength

Our popular Chair Fit and Balance classes will be merging for a few weeks into our revised **Balance and Strength** class. As Balance has been highlighted as a big need, we will now be incorporating into Chair Fit twice a week.

Tuesday will still remain chair only with Thursday getting out of the chair for balance, movement, and strength. Both classes will be at 2:30pm.

