

# CONNECTION NEWSLETTER



## Making Resolutions and Sticking with Them

Kick off the year at The Connection! Set realistic goals for lasting success in fitness, strength, or overall well-being. Our friendly staff offers support through engaging fitness classes, pool sessions, and personalized training. Small, consistent efforts lead to significant results. Let's make your New Year's resolutions a reality and ensure 2025 is your healthiest and happiest year!

### Life Enriching Communities Way of Wellness Resolutions

Wellness is the active pursuit of activities, choices, and lifestyles that lead to holistic health and optimal function within your current environment. A resolution is the firm decision to do or not do something. Make the new year your time to achieve one wellness resolution from each Way of Wellness:

- Physical:** The physical way of wellness includes a well-balanced diet, exercise, and sleep, which leads to reduced risk of illness, and maintaining our highest degree of independence. Physical wellness involves keeping your body active and nourished in a way that is accessible and enjoyable.
- Emotional:** The emotional way of wellness represents the importance of maintaining balance in life, managing stress levels, and finding joy and fulfillment every day. Emotional wellness involves identifying and responding to the feelings of yourself and others.
- Vocational:** The vocational way of wellness is the satisfaction and fulfillment that comes from offering, developing, and exercising one's skills and talents in any activity. Vocational wellness involves occupational, career, community, and domestic duties that enhance everyone's daily life.
- Spiritual:** The spiritual way of wellness focuses on being connected to something greater than yourself and adhering to values that guide your actions. Spiritual wellness can mean different things to different people, such as experiencing a sense of peace and calm through meditation or finding joy and purpose through religious expression.
- Intellectual:** The intellectual way of wellness involves engaging in creative pursuits and intellectually stimulating activities to keep minds alert and interested. Intellectual wellness involves learning, problem-solving, and challenging yourself.
- Social:** The social way of wellness is the ability to relate to and connect with friends, family, and strangers. Social wellness involves communicating with others near and far, which has proven benefits to mental health and memory.

Fill out the following New Year's Resolution to have a plan for a great start to 2025!

## Grab a "Ways of Wellness Resolutions" Sheet at the Connection

### Try a New Class This Year!

- Aqua Fit (Pool) - M/W/F 11:00am
- Aqua Pilates (Pool) - Tu 9:30am
- Aqua Ease Arthritis (Pool) - M 10:00am
- Liquid Essence (Pool) - M/W/F 9:00am

- Chair Fit (Hader Room) Tu/Th 2:30pm
- Zumba Gold (Hader Room) Tu 11:00am
- Tranquil Motion (Hader Room) Tu 10:30am



**LAND & WATER SCHEDULE**

**MONDAY**  
LIQUID ESSENCE (PEER-LED) 9-9:45AM  
AQUA EASE ARTHRITIS 10-10:30AM  
AQUA FIT 11-11:45AM

**TUESDAY**  
AQUA PILATES 9:30-10:15AM  
ZUMBA GOLD 11-11:45AM  
CHAIR FIT 2:30-3PM

**WEDNESDAY**  
LIQUID ESSENCE (INSTRUCTOR-LED) 9-9:45AM  
AQUA FIT 11-11:45AM

**THURSDAY**  
CHAIR FIT 2:30-3PM

**FRIDAY**  
LIQUID ESSENCE (PEER-LED) 9-9:45AM  
TRANQUIL MOTION (TAI CHI) 10:30-11:15AM  
AQUA FIT 11-11:45AM

**LAP & OPEN SWIM HOURS**

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

TUESDAY 7-9:15AM THURSDAY 7AM-4:45PM SATURDAY 8-11:45AM  
10:30AM-4:45PM



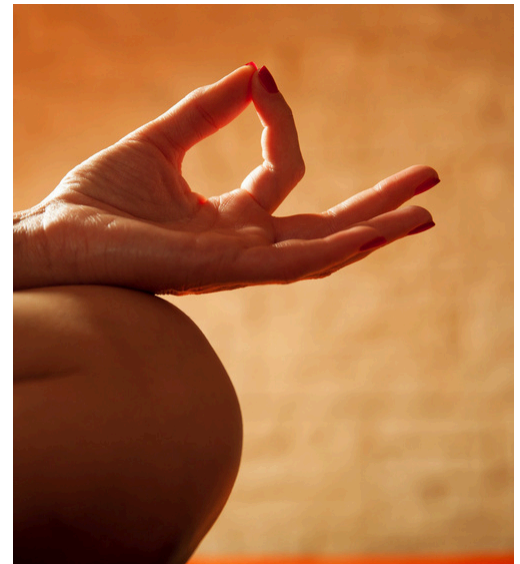
**January**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------|-----------|----------|--------|----------|
| 10     | 11      | 1         | 2        | 3      | 4        |
| 6      | 7       | 8         | 9        | 10     | 11       |
| 13     | 14      | 15        | 16       | 17     | 18       |
| 20     | 21      | 22        | 23       | 24     | 25       |
| 27     | 28      | 29        | 30       | 31     |          |

# MUDRAS: YOGA OF THE HANDS

Since ancient times, different hand positions were used to energetically stimulate health benefits that could be sent and felt throughout the body, mind, & emotions. With the differing finger positions, the energies could be more specifically focused on a particular organ, area or attribute, e.g. Liver, eyes, heart, fingernails, teeth, gums, joints, memory, etc.

Our hands have reflex areas for all of our body mind. It is taught that hand mudras connect our unique consciousness with cosmic consciousness, e.g. Chin Mudra. This union allows for a felt sense of harmony, balance, belonging, & deeper connection with All-That-Is. Please join us **Tues. 1/14/25 at 1:30PM** EST for an hour, seated class. I look forward to sharing this ancient wisdom with you to optimize your health, well-being, & joyous flow  
Instructor: Jacki Millay



**Jim Vogele**

## JIM VOGELE: PHYSICAL AND SOCIAL WELLNESS

For 12 years, Jim Vogele has been a welcoming and energetic presence at The Connection. Known for his cheerful banter and dedication to wellness, Jim exemplifies how physical fitness and social engagement go hand in hand.

Jim began exercising after retirement when his doctor told him to “get thee to a gym.” Since then, he’s embraced weight training and pool workouts with water weights, crediting his fitness routine with keeping him active and healthy. He enjoys the workouts and the staff—even when we remind him not to overdo it.

But Jim’s approach to wellness doesn’t stop with physical fitness. He’s an active member of the Twin Towers Toastmasters Club, where he enjoys sharing life stories and connecting with others. For Jim, Toastmasters is about more than public speaking; it’s a way to stay socially and mentally sharp. “The better you feel, the friendlier you can be,” Jim says, emphasizing the role of community in aging gracefully.

A retired lawyer and avid fan of the Cincinnati Reds and Columbus Blue Jackets, Jim is proof that physical and social wellness can work together to create a fulfilling and connected life.



**Toastmasters**



### JOIN TOASTMASTERS

TOASTMASTERS MEETS THE 1ST, 3RD, AND 5TH THURSDAY IN THE STUDIO. IT’S THE PERFECT PLACE TO SHARE YOUR STORY, AND STAY SOCIALLY AND MENTALLY ACTIVE