

### TOP NEWS

All Fitness Classes are now Instructor Led

Pool Volleyball is now planned monthly, last Friday of the month

The Connection will be closed on Saturday, October 5 for the Walk to End Alzheimer's



### Serving up Pool Volleyball

Volleyball has become a big hit in the Connection! What started as a fun part of our pool party is now a regular part of the schedule, set to take place the last Friday of the month. Due to popular request, October's Pool Volleyball will take place right after Aqua Fit on:

**Friday, October 25 at 12pm**

- Physical fitness through low-impact exercise
- Enhanced strength, flexibility, and balance
- Reduced joint strain, making it safe for those with mobility issues
- Social interaction, fostering friendships and community

### Finding Your Qi (Chi)

*What is Tranquil Motion?*

Qigong (pronounced "chi gong") is a Chinese embodiment tradition over 4,000 years old, which offers a coordinated system of practices incorporating gentle movement and breathing to benefit our health, vitality, and well being.

Try this peaceful class with elements of Qigong and Tai Chi

**Fridays at 10:30am in the Hader Room**

### OCTOBER FITNESS HAPPENINGS

We have even more additions and expansions for Fitness Classes at the Connection. **Liquid Essence** is now **Instructor-led with Sam on Mondays and Wednesdays at 9am**, and **Tim** now instructing **Fridays at 9am**.

Also, a reminder that **Tim** will be filling in for **Aqua Pilates Tuesdays at 9:30am** until Donna can return.

Plus Aqua Fit, Chair Fit, and Zumba, try out a new class this month!

**OCTOBER 2024**

WHITE - AQUATIC  
GOLD - LAND

**MONDAY**  
LIQUID ESSENCE  
AQUA FIT 9 - 9:45AM  
11 - 11:45AM

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

**WEDNESDAY**  
LIQUID ESSENCE 9 - 9:45AM  
AQUA FIT 11 - 11:45AM

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

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

CLASS DESCRIPTIONS AND INSTRUCTORS ON REVERSE SIDE

POOL VOLLEYBALL WILL TAKE PLACE ON THE LAST FRIDAY OF THE MONTH FRI., OCTOBER 25 - NOON - 1PM

**LAP & OPEN SWIM HOURS**

|         |                                |           |                              |          |                              |
|---------|--------------------------------|-----------|------------------------------|----------|------------------------------|
| MONDAY  | 7 - 8:45AM<br>12:15 - 4:45PM   | WEDNESDAY | 7 - 8:45AM<br>12:15 - 4:45PM | FRIDAY   | 7 - 8:45AM<br>12:15 - 4:45PM |
| TUESDAY | 7 - 9:15AM<br>10:30AM - 4:45PM | THURSDAY  | 7AM - 4:45PM                 | SATURDAY | 8 - 11:45AM                  |

# MEMBER SPOTLIGHT



*"Exercising is a blessing.  
It makes you feel good within."*



Doug in his  
bodybuilding days

## PEACE AND BLESSINGS

### DOUG MCCRAY

For 19 years, Doug McCray has been a vibrant part of The Connection community, inspiring everyone with his uplifting mantra, "Peace and Blessings." His love for the water and spa music transforms the pool and "puts him in another existence."

A former bodybuilder (like his father and family members), Doug sees exercise as essential for staying healthy and feeling good within. He believes physical activity enhances well-being, reminding us that while life may blur by, it's the moments and people that leave lasting imprints.

Doug's philosophy highlights seeing everyone as a blend of body, spirit, love, and joy. He encourages us to adapt to life's flow and practice forgiveness for ourselves and others.

October 2024



## ASSISTING HANDS

### OVERCOMING OBSTACLES

This past month, we had the opportunity to hear Kate Race from Assisting Hands Home Care discuss how to Overcome Obstacles of caring for a loved one with dementia or Alzheimer's.

Ask the Connection staff for access to resources and we look forward to presenting additional programs in the future.

## THE CONNECTION WILL BE CLOSED ON SAT. OCT 5

as the Connection staff and their families participate in the Cincinnati **Walk to End Alzheimer's**.

If you would like to join us for this event and one mile walk, please register at the table outside the Fitness Room or contact us at:

513-853-4100

5343 Hamilton Ave.  
Cincinnati, OH 45224

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