



Newsletter

5343 Hamilton Ave. Cincinnati, OH 45224

APRIL 2025

SIT OR STAND?

We will be adding a new class to the April schedule to get you on your feet.

Chair Fit Level 2, the new Chair to Standing class, introduces exercises to bring you out of the chair, working balance and strengthening exercises.

This class will be **every Wednesday from 2:30-3pm.**

If you're looking for another class with the option to sit or stand, practice Qi Gong and Tai Chi with **Tranquil Motion on Fridays at 11am.**



THE GREAT OUTDOORS

As Spring finally arrives, Zumba will be making its way outside as we visit the pergola overlook on **April 15 and 22** at its usual **11am** time. We look forward to a fun time as for our first **"Zumba in the Park."**

As April blooms emerge, the TT Trailblazers will resume 10 am of campus walks for residents and community members on the second and fourth Saturday of the month — 4/12 and 4/26 — led by Howard Tolley and Bob Dyrenforth. Walkers meet at the **Connection's Hader classroom** before carpooling to an off campus destination for both easy sidewalk strolls in nearby neighborhoods or moderately difficult woods walks in local parks. The first spring outing on April 12 features a one mile walk on a wooded trail across Hamilton Avenue on the Hammond North grounds.

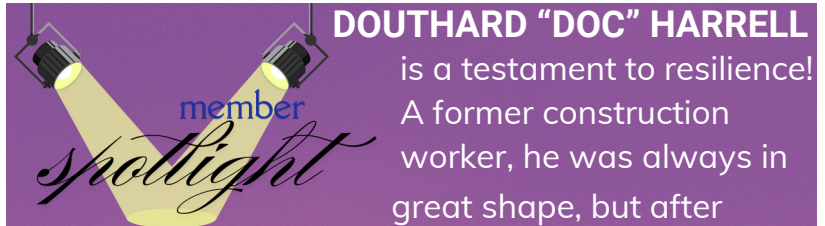




TOURNAMENT CHAMPIONS

Thank you to everyone that participated in our March Madness Shootout! Congratulations to Resident Champion **Bob Dyrenforth** and Community Champion **Steve Hayes**!

Both are in the Connection most every day and took their shots regularly throughout the challenge for the win!



DOUTHARD "DOC" HARRELL

is a testament to resilience!

A former construction worker, he was always in great shape, but after

losing both legs, he found himself losing strength. Determined to take control of his health, he asked for the chance to exercise again—and hasn't looked back.

For the past four months, Doc has trained twice a week with Donnie at The Connection. His workouts include the NuStep, strength machines, stretches, and sit-to-stands, helping him regain strength and mobility. With consistency, his progress has been remarkable.

Supported by his caring family, Doc stays motivated to push forward. His journey proves that perseverance and the right mindset can overcome any challenge. We're honored to have him as part of The Connection!

CONGRATULATIONS TO
DREW AND HIS WIFE EMMA!

DENNIS "DENNY" ISAAC SCHROEDER
BORN MARCH 23, 10:57AM
7 LBS, 5 OZ