

Retirement community celebrates anniversary of Top of the Towers

Residents and staff from the Wesley Enhanced Living (WEL) at Heritage Towers retirement community celebrated the one-year anniversary of "Top of the Towers" with a day of special programs on July 10.

Opened in July 2008, Top of the Towers accommodates the wide variety of social and recreational interests of WEL at Heritage Towers' senior population. Among its scope of amenities is a therapeutic pool, fitness center, indoor walking track, spa room, library and media center.

During the anniversary celebration, WEL at Heritage Towers' residents participated in a variety of activities presented by area

wellness experts and healthcare practitioners including hand and chair massages, tai chi and dance. Additionally, local chiropractor and fitness instructor Aaron Oberst, a.k.a. "Dr. Drill," engaged staff and residents in his signature fitness regimen and Dr. Craig Hall from Hall Family Chiropractic of New Britain discussed chiropractic care and explained spinal analyses.

Over the past year, Top of the Towers has provided a wide spectrum of programs for both residents and the community, including exercise and wellness activities, recreational programs, live entertainment, educational forums and cultural events.

