

JANUARY 2019

● =Yellow Level ● =Green Level ● =Both **For B.E.D., Mindful Movement and Boxing**

Yellow/Green Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
New Support Groups start the week of <u>January 7th</u>	CLOSED <i>Happy New Year 2019</i>	12:45-1:45 Drumming ● 1:30-3 MJFox Webinar ● 2-3 B.E.D. ● 3-3:30 Boxing	10-11 <i>Yes I Can Dance</i> 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. ● 2-3 Ask the Doctor ● 2-2:45 BED 3:15-4:30 Support Groups 3:30-4:30 LSVT Grads	● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. 1-2 Song in My Heart
7	8	9	10	11
● 1:30-2:00 Boxing 3:15-4:30 Support Groups 4:30-5:30 Tai Chi	12:30-1:30 Mindful Movement ● 2:00-3:00 B.E.D. 3:15-4:15 Art Workshop	12:45-1:45 Drumming ● 2-3 B.E.D. ● 3-3:30 Boxing	10-11 <i>Yes I Can Dance</i> 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. 1-2 Better Every Word ● 2-2:45 B.E.D. 3:15-4:30 Support Groups 3:30-4:30 LSVT Grads	● 10-11 Mindful Movement ● 11:30-12:30 New Client Assessment ● 11:30-12:30 B.E.D. 1-2 Song in My Heart
14	15	16	17	18
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21	22	23	24	25
CLOSED MLK DAY	12:30-1:30 Mindful Movement 1-2 Better Every Word ● 2:00-3:00 B.E.D. 3:15-4:15 Art Workshop	12:45-1:45 Drumming ● 2-3 BED ● 3-3:30 Boxing	10-11 <i>Yes I Can Dance</i> 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. 1-2 Better Every Word ● 2-2:45 B.E.D. 3:15-4:30 Support Groups 3:30-4:30 LSVT	● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● New Client Assessment 1-2 Song in My Heart
28	29	30	31	
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1/2-MJFox Webinar Facilitated by Dr. Karen Jaffe

Sleeping Well with Parkinson's
Sleep disturbances -- a common non-motor symptom of Parkinson's disease that may cause difficulty falling or staying asleep. Panelists will discuss how to manage these disturbances and current research on sleep and PD.

1:30-3:00pm

1/3/- Ask the Doctor with Dr. David Riley

2:00-3:00 pm

1/16- Bill and Sally Greene Lecture Series "How to Survive a Long Cleveland Winter" with Kathleen Perrino

Winter presents unique challenges to us all. Learn Ways to make it through a long Cleveland winter from a licensed physical therapist and outdoor enthusiast.

Healing Arts Classes may be taken by everyone: Tai Chi, Art Workshop, Yes I Can Dance, Song in My Heart, Drumming, Better Every Word, Tues. Mindful Movement

***Spinning for PD** is at: YMCA 4433 Northfield Rd Warr. Hts, OH Thursdays at 10 am. with Certified PD Spinning Coach Sandy Ellis



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MISSION: Help people with Parkinson's disease feel better every day.


VISION: Improve the quality of life of everyone touched by InMotion.



VALUES: Treat everyone in the InMotion family-clients, carepartners, staff, volunteers- with respect, kindness and sensitivity.

MOVEMENT CLASS DESCRIPTIONS:

Better Every Day - BED classes focus on movement, function, mobility, balance, endurance, strength, challenges and fun! The class is presented in three different levels, BED  ,  ,  , and BED Power  , to assist clients at the appropriate stage of the disease.

BED   - Low intensity. Exercises are chair-based. Programming addresses basics of function and mobility of joints, as well as fundamental exercises, for getting out of a chair, standing up, getting out of a car, and walking. The focus is on BIG movements at this level. Yellow- wheelchair/walker. Green-no walker/wheelchair

BED  - Mild intensity. Exercises require more effort than Yellow or Green. Focus is on movement, balance, rotational mobility, light strength, cognition, & breathing.

BED Power   : High intensity. In this advanced class, you train with purpose and push to the max. Step out of your comfort zone and test your limits. An intense mix of movement, balance, strength, and mobility.

Mindful Movement/Yoga Reach - MM/YR

A therapeutic, educational mindful movement program that provides an intrinsic drive to perform daily living skills. It offers breath work, mindfulness, adaptive movement, exercises and relaxation techniques as a complementary tool to improve mobility, develop awareness, empowerment, healing modalities, and well-being.

This mindful movement practice explores new possibilities for your MIND, BODY, and SPIRIT.

Boxing - 1/2 hour classes for , 1 hour classes for

Learn the fundamentals of boxing, freedom of movement, balance, strength, mental focus, and most of all learn how to take it to the next level and attack your Movement Disorder head-on. Come ready to get after it and maximize your efforts! Class is led by a certified Rock Steady Boxing Instructor.

The focus of this class is to improve over all fitness level, postural imbalances and maintain a healthy body. Classes are high intensity and transitions are rapid.

Tai Chi

A health and wellness program for all ages utilizing ancient wisdom from 2000 years past. Blending the healing qualities of Tai Chi Chuan, Qi Gong, Meditation and

The Way of the Shaolin Warrior, our training will fine tune and recharge your mental, physical and spiritual health. Tai chi helps people with Movement Disorders

Tai chi includes exercises and posture changes by which the body flows slowly from one position

Yes I Can Dance

Modeled after the Mark Morris Dance Group/Brooklyn Parkinson Group's Dance for PD @ program in New York City, participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative. The class explores range of motion using vivid imagery, helps to improve coordination and strength through the combination of rhythmic phrases and sustained movements. Instructors encourage individual expression and support group engagement throughout the class. Led by professionally-trained dancers, this class provides a joyful environment to experience dance and explore movement potential.

Art Workshop

This workshop is open to both clients and carepartners. During these weekly sessions, community members will gather together to share stories and learn from one another. Multiple fine art media will be introduced, including oil pastels, watercolors, soft pastels, and acrylic paint. Participants will be encouraged to create work of their own inspiration and all will work to complete a piece by the end of each class meeting.

Spinning for PD at the "Y" - sponsored by the National Parkinson Foundation Ohio Chapter

Join Certified Parkinson's Cycling Coach Sandy Ellis for an hour of spinning specifically designed for people with Parkinson's Disease at the "Y"

Drumming/Song in My Heart: both classes are taught by music therapist Melisa Geeson. Get your rhythm on!

Cycling Schedule: Mon: 10:00-3:00, Wed: 9:30-12:30 and 1:30-3:00, Thur. 9:30-12:30 and 1:30-3:00, Fri: 9:30-12:30

Better Every Word: Thursdays 1-2pm. Writing and communicating through various topics will engage and challenge the mind