

FEBRUARY 2019

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

Yellow/Green Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Mindful Movement on Tuesdays at 12:30 is open to all levels			1 ● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● 11:30-12:30 New Client Assessment 1-2 Song in My Heart
4	5	6	7	8
● 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. ● 3:30 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 2-3 Ask the Doctor 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
11	12	13	14	15
● 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	● 1:30-3 MJ Fox 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. 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 B.E.D. 1-2 Song in My Heart
18	19	20	21	22
● 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 Greene Lecture Series ● 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. ● 11:30-12:30 New Client Assessment 1-2 Song in My Heart
25	26	27	28	
● 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 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 - Open to All Clients today	February 1st ● February 22nd ● Any NEW Client that has not be assessed, may enroll for the 11:30am assessment.

2/13-MJFox Webinar Facilitated by Dr. Karen Jaffe
"On Your Feet: Addressing Gait and Balance Issues in Parkinson's"
 The panel will discuss common gait and balance problems that can occur with Parkinson's and current and emerging treatments to address them.
1:30-3:00pm

2/7- Ask the Doctor with Dr. David Riley
"The Economic Burden of Parkinson's Disease"
 Dr. Riley will be talking about the economic burden of PD and the effects.
2:00-3:00 pm

2/20- Bill and Sally Greene Lecture Series
"When do I call for Help?" with Eran Shiloh

When a care partner witnesses a fall, or other accident, or new symptoms your partner reports or complains about... proper and timely response is critical. In fact, taking the right actions at the right time could save a loved one's life. Learn strategies for deal with mishaps, falls, or spontaneous symptoms.



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Healing Arts Classes may be taken by everyone: Tai Chi, Art Workshop, Yes I Can Dance, Song in My Heart, Drummg, 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**