

# MARCH 2019

● = Orange Level 
 ● = Blue Level 
 ● = Both 
 **For B.E.D. Mindful Movement & Boxing ONLY**

## Orange/Blue Calendar

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <p><b>**Orange/Blue can now take Mindful Movement on Tuesdays at 12:30</b></p>   |  |   | <p><b>* NEW CLASS * March 12</b><br/> <b>Spinning for PD at Solon Senior Center</b><br/> <b>Tuesdays@12:45-1:45pm</b><br/> <b>with Sandy Ellis</b><br/>                     35000 Portz Pkwy,</p>  | <p>1</p> <p>1-2 Song in My Heart<br/>                     2:15-3:15 Boxing</p>                  |
| <p>4</p> <p> <span style="color: blue;">●</span> 10-11 Mindful Movement<br/> <span style="color: orange;">●</span> 11:30-12:30 B.E.D.<br/> <span style="color: blue;">●</span> 2:00-3:00 Boxing<br/>                     3:15-4:30 Support Groups<br/>                     4:30-5:30 Tai Chi<br/> <span style="color: blue;">●</span> 5:30-6:30 Assessments                 </p>   | <p>5</p> <p>12:30-1:30 Mindful Movement<br/>                     3:15-4:15 Art Workshop</p>  | <p>6</p> <p> <span style="color: blue;">●</span> 10-11 Mindful Movement<br/> <span style="color: orange;">●</span> <b>11:30-12:30 Assessment</b><br/>                     12:45-1:45 Drumming<br/> <b>1:30-3 MjFox Webinar</b><br/> <span style="color: blue;">●</span> 3:30-4:30 Boxing<br/> <span style="color: blue;">●</span> 5:30-6:30 Power B.E.D.                 </p>       | <p>7</p> <p>10-11 <i>Yes I Can Dance</i><br/>                     10-11 <b>Spinning for PD*</b><br/> <span style="color: blue;">●</span> 11:30-12:30 B.E.D.<br/> <b>2-3 Ask the Doctor</b><br/>                     3:15-4:30 Support Groups<br/>                     3:30-4:30 LSVT Grads</p> | <p>8</p> <p>1-2 Song in My Heart<br/> <span style="color: blue;">●</span> 2:15-3:15 Boxing</p>  |
| <p>11</p> <p> <span style="color: blue;">●</span> 10-11 Mindful Movement<br/> <span style="color: orange;">●</span> 11:30-12:30 B.E.D.<br/> <span style="color: blue;">●</span> 2:00-3:00 Boxing<br/>                     3:15-4:30 Support Groups<br/>                     4:30-5:30 Tai Chi<br/> <span style="color: blue;">●</span> 5:30-6:30 Power B.E.D.                 </p> | <p>12</p> <p>12:30-1:30 Mindful Movement<br/> <b>*12:45-1:45 Spinning for PD</b><br/>                     3:15-4:15 Art Workshop</p> | <p>13</p> <p> <span style="color: blue;">●</span> 10-11 Mindful Movement<br/> <span style="color: orange;">●</span> <b>11:30-12:30 Assessment</b><br/>                     12:45-1:45 Drumming<br/> <span style="color: blue;">●</span> 3:30-4:30 Boxing<br/> <span style="color: blue;">●</span> 5:30-6:30 Power B.E.D.                 </p>                                       | <p>14</p> <p>10-11 <i>Yes I Can Dance</i><br/>                     10-11 <b>Spinning for PD*</b><br/> <span style="color: blue;">●</span> 11:30-12:30 B.E.D.<br/>                     3:15-4:30 Support Groups<br/>                     3:30-4:30 LSVT Grads</p>                               | <p>15</p> <p>1-2 Song in My Heart<br/> <span style="color: blue;">●</span> 2:15-3:15 Boxing</p> |
| <p>18</p> <p> <span style="color: blue;">●</span> 10-11 Mindful Movement<br/> <span style="color: orange;">●</span> 11:30-12:30 B.E.D.<br/> <span style="color: blue;">●</span> 2:00-3:00 Boxing<br/>                     3:15-4:30 Support Groups<br/>                     4:30-5:30 Tai Chi<br/> <span style="color: blue;">●</span> 5:30-6:30 Assessments                 </p>  | <p>19</p> <p>12:30-1:30 Mindful Movement<br/> <b>*12:45-1:45 Spinning for PD</b><br/>                     3:15-4:15 Art Workshop</p> | <p>20</p> <p> <span style="color: blue;">●</span> 10-11 Mindful Movement<br/> <span style="color: orange;">●</span> <b>11:30-12:30 Assessment</b><br/>                     12:45-1:45 Drumming<br/> <b>2-3 Greene Lecture Series</b><br/> <span style="color: blue;">●</span> 3:30-4:30 Boxing<br/> <span style="color: blue;">●</span> 5:30-6:30 Power B.E.D.                 </p> | <p>21</p> <p>10-11 <i>Yes I Can Dance</i><br/>                     10-11 <b>Spinning for PD*</b><br/> <span style="color: blue;">●</span> 11:30-12:30 B.E.D.<br/>                     3:15-4:30 Support Groups<br/>                     3:30-4:30 LSVT</p>                                     | <p>22</p> <p>1-2 Song in My Heart<br/> <span style="color: blue;">●</span> 2:15-3:15 Boxing</p> |
| <p>25</p> <p> <span style="color: blue;">●</span> 10-11 Mindful Movement<br/> <span style="color: orange;">●</span> 11:30-12:30 B.E.D.<br/> <span style="color: blue;">●</span> 2:00-3:00 Boxing<br/>                     3:15-4:30 Support Groups<br/>                     4:30-5:30 Tai Chi<br/> <span style="color: blue;">●</span> 5:30-6:30 Power B.E.D.                 </p> | <p>26</p> <p>12:30-1:30 Mindful Movement<br/> <b>*12:45-1:45 Spinning for PD</b><br/>                     3:15-4:15 Art Workshop</p> | <p>27</p> <p> <span style="color: blue;">●</span> 10-11 Mindful Movement<br/> <span style="color: orange;">●</span> <b>11:30-12:30 Assessment</b><br/>                     12:45-1:45 Drumming<br/> <span style="color: blue;">●</span> 3:30-4:30 Boxing<br/> <span style="color: blue;">●</span> 5:30-6:30 Power B.E.D.                 </p>                                       | <p>28</p> <p>10-11 <i>Yes I Can Dance</i><br/>                     10-11 <b>Spinning for PD*</b><br/> <span style="color: blue;">●</span> 11:30-12:30 B.E.D.<br/>                     3:15-4:30 Support Groups<br/>                     3:30-4:30 LSVT <b>-Open to All Clients today</b></p>   | <p>29</p> <p>1-2 Song in My Heart<br/> <span style="color: blue;">●</span> 2:15-3:15 Boxing</p> |

**3/6- MJFox Webinar -Facilitated by Dr. Karen Jaffe**  
**"Beyond Medication: Deep Brain Stimulation and Focused Ultrasound for Parkinson's"**  
 Surgical options deep brain stimulation and the more recently approved focused ultrasound can help manage Parkinson's symptoms, but these procedures are not for everyone. Our panelists will discuss who should consider these treatments and when, and what someone may expect after the surgery.  
**1:30-3:00pm**

**3/7- Ask the Doctor with Dr. David Riley**  
 Balance Problems and Falls"  
**2:00-3:00 pm**

**3/20- Bill and Sally Greene Lecture Series**  
 "The Tale of Two Brains: Gender Differences in Brain Health" with Kathleen Parrino  
**2:00-3:00 pm**

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

**\*Spinning for PD is at: with Certified PD Spinning Coach Sandy Ellis Tuesday at 12:45 Solon Senior Rec Center 35000 Portz Pkwy, Solon Thursdays at 10 am. YMCA 4433 Northfield Rd Warr. Hts,**



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