

MARCH 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			* NEW CLASS * March 12 Spinning for PD at Solon Senior Center Tuesdays@12:45-1:45pm with Sandy Ellis 35000 Portz Pkwy, Solon, OH 44139	1 ● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. 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 ● 1:30-3 MJ Fox Webinar ● 2-3 B.E.D. ● 3:30 Boxing	10-11 Yes I Can Dance 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. 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 Assessment 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 *12:45-1:45 Spinning for PD ● 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 Yes I Can Dance 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. ● 2-2:45 Assessment 3:15-4:30 Support Groups 3:30-4:30 LSVT Grads	● 10-11 Mindful Movement ● 11:30-12:30 Assessment 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 *12:45-1:45 Spinning for PD ● 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 Yes I Can Dance 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. ● 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 Assessment 1-2 Song in My Heart
25	26	27	28	29
● 1:30-2:00 Boxing 3:15-4:30 Support Groups 4:30-5:30 Tai Chi	12:30-1:30 Mindful Movement *12:45-1:45 Spinning for PD ● 2:00-3:00 B.E.D.	12:45-1:45 Drumming ● 2-3 BED ● 3-3:30 Boxing	10-11 Yes I Can Dance 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. ● 2-2:45 Assessment 3:15-4:30 Support Groups 3:30-4:30 LSVT- Open to All Clients today	● 10-11 Mindful Movement ● 11:30-12:30 Assessment ● 1-2 Song in My Heart

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

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: 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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