

OCTOBER 2019

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

Orange/Blue Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
New 6-week Session of Handwriting- Oct. 30th ***** New Client Assessment Friday, Oct. 25th at 11:30 am	● 8:45-10 Pole Trekking *12:45-1:45 Spinning for PD 1-2 Support Groups: -5yrs	9:45-10:45 Handwriting ● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● 3:30-4:30 Boxing ● 3:30-4:25 Art Workshop ● 4:30-5:30 Tai Chi ● 5:50-6:30 Power B.E.D.	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 3:15-4:15 Support Grps +5 3:30-4:30 LSVT Grads	10-11 Mindful Movement 1-2 Song in My Heart ● 2:15-3:15 Boxing
7	8	9	10	11
10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● *12:45-1:30 Loud Crowd ● 2:00-3:00 Boxing 3:15-4:15 Support Grps -5 14:30-5:30 Tai Chi ● 5:30-6:30 B.E.D.	● 8:45-10 Pole Trekking *12:45-1:45 Spinning for PD 1-2 Support Groups: -5yrs	9:45-10:45 Handwriting ● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. 12:45-1:45 Drumming ● 3:30-4:30 Boxing ● 3:30-4:25 Art Workshop ● 4:30-5:30 Tai Chi ● 5:50-6:30 Power B.E.D.	10-11 <i>Yes I Can Dance</i> 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. 1-2:45 PD Cafes 3:15-4:15 Support Grps+5 3:30-4:30 LSVT Grads	10-11 Mindful Movement 1-2 Song in My Heart ● 2:15-3:15 Boxing
14	15	16	17	18
10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● *12:45-1:30 Loud Crowd ● 2:00-3:00 Boxing 3:15-4:15 Support Gps -5 ● 4:30-5:30 Tai Chi ● 5:30-6:30 Assessment	● 8:45-10 Pole Trekking *12:45-1:45 Spinning for PD 1-2 Support Groups: -5yrs	9:45-10:45 Handwriting ● 10-11 Mindful Movement ● 11:30-12:30 Assessment 12:45-1:45 Drumming ● 3:30-4:30 Boxing ● 3:30-4:25 Art Workshop ● 4:30-5:30 Tai Chi ● 5:30-6:30 Power B.E.D.	10-11 <i>Yes I Can Dance</i> 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. 1:30-3 MJFox Webinar 3:15-4:15 Support Grps+5 3:30-4:30 LSVT Grads	10-11 Mindful Movement 1-2 Song in My Heart ● 2:15-3:15 Boxing
21	22	23	24	25
10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● *12:45-1:30 Loud Crowd ● 2:00-3:00 Boxing 3:15-4:15 Support Gps -5 4:30-5:30 Tai Chi ● 5:30-6:30 B.E.D.	● 8:45-10 Pole Trekking *12:45-1:45 Spinning for PD 1-2 Support Groups: -5yrs	9:45-10:45 Handwriting ● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. 12:45-1:45 Drumming ● 3:30-4:30 Boxing ● 3:30-4:25 Art Workshop ● 4:30-5:30 Tai Chi ● 5:30-6:30 Power B.E.D.	10-11 <i>Yes I Can Dance</i> 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. 1-2:45 PD Cafe 3:15-4:15 Support Gps +5 3:30-4:30 LSVT Grads	10-11 Mindful Movement ● 11:30-12:30 New Client Assessment 1-2 Song in My Heart ● 2:15-3:15 Boxing
28	29	30	31	
10-11 Mindful Movement ● 11:30-12:30 B.E.D. ● *12:45-1:30 Loud Crowd ● 2:00-3:00 Boxing 3:15-4:15 Support Gps -5 4:30-5:30 Tai Chi ● 5:30-6:30 B.E.D.	● 8:45-10 Pole Trekking *12:45-1:45 Spinning for PD 1-2 Support Groups; -5yrs	9:45-10:45 Handwriting ● 10-11 Mindful Movement ● 11:30-12:30 B.E.D. 12:45-1:45 Drumming ● 3:30-4:30 Boxing ● 3:30-4:25 Art Workshop ● 4:30-5:30 Tai Chi ● 5:30-6:30 Power B.E.D.	10-11 <i>Yes I Can Dance</i> 10-11 Spinning for PD* ● 11:30-12:30 B.E.D. 3:15-4:15 Support Gps +5 3:30-4:30 LSVT OPEN to all clients today	● Pole Trekking is located at: OrangeVilliage Comm. Park 4600 Lander Road entrance

10/3- Ask the Doctor with Dr. David Riley
"The Effects of Physical Activity on PD "
2-3 pm

10/17- MJFox Webinar Facilitated by Dr. Karen Jaffe
"What's on Your Mind? Thinking and Memory Problems in Parkinson's"

Panelists will discuss thinking and memory changes that can happen with Parkinson's disease, strategies to lower the risk of these symptoms or ease their effects, and research toward new treatments.

1:30-3:00pm

10/10 and 10/24 - PD Cafes Facilitated by

Sue Tucker, MSW, LISWS, ACSW
 A Parkinson's café is a place where people with PD and care-partners can gather and share their stories, their experiences, their worries, their fears, their wisdom, and find community and strength together. The cafés are designed to be fun and informative. Separate groups for (PWP and Carepartners)

1:00-2:45 pm



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Healing Arts Classes may be taken by all: Mon. Tai Chi, Art Workshop, Yes I Can Dance, Song in My Heart, Drumming, Handwriting, Mindful Movement on Mon&Fri.

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