


Assessment Month

MARCH, 2020

Yellow/Green Calendar

2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
10-11 Mindful Movement 11:30-12:30 B.E.D.™ 1:30-2 Boxing 4:30-5:30 Tai Chi	10-10:45 Loud Crowd 12:45-1:45 Spinning 2-3 BED Mindful Movement	9:45-10:45 Handwriting 12:45-1:45 Drumming 2-3 BED 2:30-3:30 ASSESSMENT 3-3:30 Boxing 3:30-4:25 Art Workshop	10-11 Yes I Can Dance 10-11 Spinning for PD 11:30-12:30 B.E.D. 2-3 Ask the Doctor 3:30-4:30 LSVT Grads	10-11 Mindful Movement 11:30-12:30 ASSESSMENT 1-2 Song in my Heart
9	10	11	12	13
10-11 Mindful Movement 11:30-12:30 B.E.D. 1:30-2 Boxing 4:30-5:30 Tai Chi	10-10:45 Loud Crowd 12:45-1:45 Spinning 1-2 PD201 2-3 BED Mindful Movement	9:45-10:45 Handwriting 12:45-1:45 Drumming 2-3 BED 2:30-3:30 ASSESSMENT 3-3:30 Boxing 3:30-4:25 Art Workshop	10-11 Yes I Can Dance 10-11 Spinning for PD 11:30-12:30 B.E.D. 1-2 PD Café 3:30-4:30 LSVT Grads	10-11 Mindful Movement 11:30-12:30 ASSESSMENT 1-2 Song in my Heart
16	17	18	19	20
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23	24	25	26	27
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30	31	<p>Please note: Loud Crowd has moved to <u>Tuesday @10am</u> <i>*Spinning for PD is on: <u>Tuesdays</u> at 12:45@Solon Rec 3500 Partz Pkwy, Solon <u>Thursdays 10am@YMCA 4433 Northfield, Warr. Hts.</u></i></p>		<p>If you have taken PD101 or if you are a Carepartner, Enroll in PD201 - New sessions starting March 10th</p>
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3/5 Ask the Doctor with PT Amy Chan
"Physical Therapy, Movement Disorders and Exercise"
Amy Chan, PT, Clinical Specialist Neurology Rehabilitation & Sports Therapy at the Cleveland Clinic. Ms. Chan will also be sharing the latest research. 2-3 pm

PD Cafes- 3/12 & 3/26
Facilitated by Sue Tucker, MSW, LISWS, ACSW
A place where people with PD and CP can gather and share stories, experiences, worries, fears, wisdom, and find community and strength together. The cafés are designed to be fun and informative. Separate groups for (PWP and CP) 1-2 pm

3/19 MJ Fox Webinar with Dr. Karen Jaffe "Depression and Anxiety in PD"
This webinar discusses Depression/Anxiety and offers advice on managing symptoms 1:30-3 pm

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