



June 2023 (updated!)

NeuroFit News

STEADY STRIDES 2023

Saturday, September 30th, 2023. Corwin-Nixon Park, Mason-Montgomery Rd.

Gates 8:00 AM / Race 10:00 AM

We have a team for the gym! To register for the gym team or to make a donation to Steady Strides, please use this link!

<http://getmeregistered.com/homepage.php?id=134261>

Parkinson Support and Wellness in Cincinnati is very generous to NeuroFit by giving us grants every year!
Let's show them our support by having a great team!

Happy Birthday!

May

Jerry Howard 5/9

Nick Blauvelt 5/10

Claudia Newhart 5/11

Denise Rieman 5/12

Anne Phipps 5/24

June

Tom Wooten 6/3

Harry Starkey 6/6

Dennis Klaiber 6/8

Juanita Cain 6/10

Doug Garrison 6/13

Gary McCracken 6/29



Here's THE SCOOP



Congratulations to Jeanette Holderman who won the seventh surprise prize from NeuroFit News! She will be receiving her prize very soon. If you complete the games in this newsletter, your name will be entered into a drawing for a surprise prize!! Bring the completed games to Amy or Colleen to get your name in the drawing!
Due date is June 30, 2023!

Summer Gym Closings!

The gym will be closed for a few long weekend breaks during the summer:

4th of July: Monday July 3, Tuesday July 4, and Wednesday July 5th the gym will be closed.

Summer Break: closed Monday, July 24 to Friday, July 28. Amy and Colleen are on vacation the same week. We will be providing virtual suggestions to keep moving during the week!

CLASS ALERT!!

No yoga on Thursday, June 15th and Thursday, June 22nd!

Free Class!

What? Cincinnati Music & Wellness Coalition - HealthRHYTHMS Program for People with Parkinson's

When: Mondays in June
11:00-12:00 (June 5,12,19,26)

Why? It's good exercise & it's free!

Who? Our gym members with PD

We are excited to welcome the Cincinnati Music & Wellness Coalition to the gym. They will be providing a HealthRHYTHMS class for our members. The class is from 11:00-12:00 on Mondays in June. Please register for the class, as there is room for 10-12 participants. You can sign up for one or two or all four! Sign up sheets will be at the gym. Come to class and stay for boxing!

Questions? Ask Amy or Colleen

You know the drill! Complete the puzzles and return to the Gym by **June 30th** to get your name entered into a drawing for a surprise prize! You can't win if you don't play!

It has no top or bottom, but can hold flesh, blood, and bones at the same time. What is it?

Big as a biscuit, deep as a cup, but even a river's volume can't fill it up. What is it?

What starts with e, ends with e, and contains one letter?

What has 13 hearts but no other organs?

How to solve Symbol Values:

Each shape represents a positive whole number. The sum total of the shapes in each row or column is displayed at the end of each row or column. Use this knowledge to deduce the numerical value of each shape.

SYMBOL VALUES PUZZLE 7

●	●	★	★	30
■	■	▲	▲	30
▲	★	★	●	28
●	▲	▲	▲	34
35	30	26	31	