

October **NEUROFIT** News *Happy Halloween!*

Happy Birthday to YOU!!

Rosalind Jones 10/3

Don Martin 10/4

Bill Naumann 10/7

Jeff Parker 10/7

Susan Schapiro 10/9

Lou Robinson 10/10

Bill Klaber 10/16

Steven Fulmer 10/18

Dennis Sorrell 10/21

Dave Berumen 10/23

Greg Edwards 10/24

Kevin Rhymer 10/26

Bob Benson 10/26

Marty Kubik 10/27

Marilyn Bowling 10/28

Carl Goldsborough 10/29

Mark Kinder 10/29

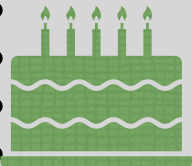
Susan Roemer 10/29

Jamie Blanton 10/30

Ken Kaser 10/30

Beth Griesinger 10/31

Zachary Vasseur 10/31



Class Alerts!!

No Jabber Gym on Monday 10/12,
Monday 10/19, and Wednesday 10/21.

No advanced yoga or chair yoga
on Tuesday, 10/13.

No BOYO Tuesday 10/13.

Week of Thanksgiving schedule
coming soon!

September NeuroFit News winners are
David Ritenbaugh and Greg Edwards!
October word search is due October 30th.
Don't miss out on your chance to win a
surprise prize!

Need Work Out Gear?!

NeuroFit Spirit Link!

[https://promotionsetc.commonsku.com/
shop/d037786b-
d6d0-4bb1-98ad-70c9c3eda73d](https://promotionsetc.commonsku.com/shop/d037786b-d6d0-4bb1-98ad-70c9c3eda73d)

Attention all Jabber Gym-ers!

Enter your horse in the race and compete to be the number one Jabber Jockey! Monthly winners will be announced in the Newsletter and there will be a monthly prize that the winning jockey picks from Drew's box of Jabber Junk. Jockeys will continue to compete throughout the year until the grand prize is announced during the week of Derby 2027! The contest officially kicks off July 1st. If you would like to work on speaking with intent at home and have a little fun too, see Drew for details on how you can participate.



!! Congrats to Bill Naumann who was awarded the
Number 1 Jabber Jockey for September **!!**



The Scoop



Steady Strides!!

Thank you to all who donated and / or participated in the Steady Strides Walk! Together, NeuroFit Gym raised over \$10,000 for Parkinson Support and Wellness. We had the most walkers on a team with 112 team members! Parkinson Support and Wellness grants the gym between \$15,000-\$20,000 every year, so we are grateful to you for supporting this very important organization! Because of your generosity, energy, and commitment, Steady Strides 2026 raised a **phenomenal, record-breaking \$150,000!** Every dollar will stay local and help support exercise, education, wellness programs, support groups, and resources for people living with Parkinson's and their families.

PD Support Groups

- * Wednesday evening Parkinson's support group meets the first Wednesday of the month, 6:30-7:45 PM. This support group is for gym and community members with Parkinson's and their care partners.
- * The Parkinson's support group for NeuroFit Gym members and their care partners meets the 3rd Thursday of the month. 6:30-8:00 PM.
- * If you are new to the gym and have questions about support groups, please ask Amy or Colleen, Denise Rieman, Ken Hintze, or Mary Schroder!



Tell Me Something Good! Would you like to share a recent success, happy event, or positive development in your life? Tell us about it! Info@theneurofitgym.com



CAREGIVERS DAY 2026

Express, Connect, Thrive

Caregiver's Day is more than an event - it's a space created just for you. A day to connect with others who truly understand, to **gain practical tools, and to feel seen, supported and celebrated.** This free event is held in celebration of **Caregivers Day** and **lunch will be provided for attendees.**



Caregivers Day will feature a blend of shared learning and personalized experiences, with an engaging presentation in our main session and two breakout opportunities. More details coming soon!



Caregivers Day 2026



November 7, 2026, 9:00am-2:00pm



University of Cincinnati Gardner Neuroscience Institute,
3113 Bellview Ave, Cincinnati, Oh



Scan or Register:



<http://weblink.donorperfect.com/CaregiversDay2026>



Parkinson Support & Wellness
260 Stetson St., Suite 2300
Cincinnati, OH 45219



513-558-0113



info@parkinsoncincinnati.org

Registration Open Soon!

famous horror movies

F R E D D Y V S J A S O N L G X Y O T D A B E 1
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 T E E R T S M L E N O E R A M T H G I N L O 8 2

The texas chain saw massacre

Final destination

A quiet place

Crimson peak

Hereditary

Evil dead

The ring

Get out

Saw

Night of the living dead

My soul to take

The conjuring

The exorcist

Grindhouse

Halloween

The meg

Carrie

It

Nightmare on elm street

Freddy vs jason

Franken weeny

The prodigy

Insidious

The mist

The nun

Split

Us

4

Parnormal activity

Drag me to hell

28 days later

Van helsing

Let me in

Bird box

Dracula

1408