

NEUROFIT NEWS

JANUARY

Oh the weather outside is frightful... but NeuroFit is so delightful! If cold weather and snow is in the forecast, please check your email on snowy or icy days. We usually have to hire extra help to clear the parking lot to ensure it is safe for everyone to navigate. The side of the building facing the road does not get any sun and water drips from the roof, so please be careful if you park on this side of the building. We never wish to close for weather, but we also want to keep everyone safe! If you do not have email or even if you do, feel free to call or text Amy or Colleen if the weather is questionable! We will communicate via email any class cancellations or schedule changes.

Amy: 513-543-3188.

Colleen: 513-207-0104



Happy January Birthdays!!

Nadina Rumpke 1/5
Steve Doughman 1/6
Mike Mucenski 1/7
Marilyn Lysaght 1/8
Chris Martin 1/10
Brad Arling 1/17
Fred Valerius 1/22
Rus Stetsura 1/28
Sharon Katterheinrich 1/29
Jennifer Vietas 1/30
Sally Drabenstott 1/31
Sue Koenig 1/31



Congratulations to Darel Bono and Paul Royalty for winning the surprise prize from the December NeuroFit News! If you complete the word game in this newsletter, your name will be entered into a drawing for a surprise prize!! Bring the completed word search to Amy or Colleen to get your name in the drawing! Due 1/31/26.

Need Work Out Gear?! NeuroFit Spirit Link!

<https://promotionsetc.commonsku.com/shop/d037786b-d6d0-4bb1-98ad-70c9c3eda73d>

What? You didn't get what you wanted for Christmas? Check out the NeuroFit Spirit Wear Link above and make your list! We also have gift certificates for NeuroFit classes for any amount. See Amy or Colleen with any questions!

NeuroFit is a non-profit 501(c)3 organization. We depend on grants, donations, and program revenue to sustain our mission. In 2025, we are deeply grateful to the following organizations and individuals whose generous contributions of \$1,000 or more make our work possible. We also extend our heartfelt thanks to all those who gave at every level. Each gift plays a vital role in supporting our programs and community.

~Parkinson Support and Wellness
~Hatton Foundation
~Fairfield Women
~The Spaulding Foundation
~American Online Giving Foundation
~Cybergrants / Charities Aid Foundation
~Miller Valentine
~Elsa Heisel Sule Foundation
~Hamilton Community Foundation
~McCullough Hyde Foundation
~Karen Murrell Foundation
~dfp Ok Bash
~Greg and Heather Roberts Family Giving Fund
~Jason and Katharine Crank Family Advised Fund
~John and Kimberly Kirsch Charitable Fund
~Linda Martin and Jeff A Cameron Family Fund
~Volkman Family Charity Fund
~KC and Mark Faessler
~Dr. Michael and Lynne Archdeacon
~Anonymous
~Don and Karen Brunner
~Peter and Lori Abner
~Craig Manuel

Donations were made in memory of:

*Krystal Boyle
Janine McMahon
George Collins
Harry Starkey*

*Members who have returned to
God's loving care in 2025~*

Johanna (Jo) Schutte

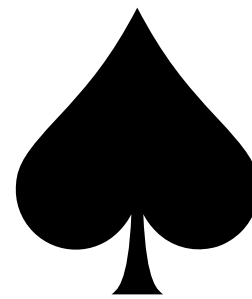
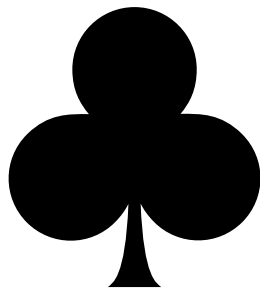
*Dave Roberts
Janine McMahon
George Collins
Harry Starkey
Marilou Volkman
Kathy Olson
Carl Kettman
Margaret Gentry
Bill Eckstein
Dick Pate*



The Scoop

PD Support Groups

- * Wednesday evening PD 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. Next meeting is February 4th.
- * Gym member and care partner PD support group Thursday, January 22nd 6:30-8:00 PM.



HERE'S THE DEAL!

*You Are
Invited To*

CASINO
NIGHT!

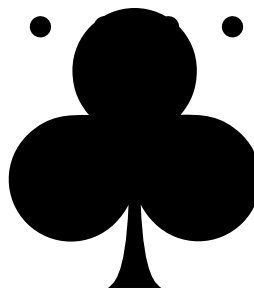
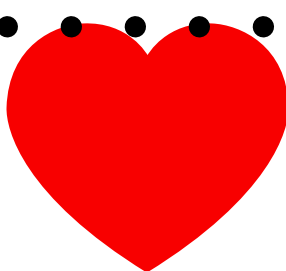
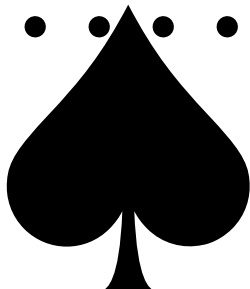
NEUROFIT GYM

4155 TONYA TRAIL, HAMILTON, OH 45011

FRIDAY
JANUARY 23RD

6:00 TO
9:00 PM

Grab your family and friends and join us for a night of food, snacks, games, cards, and great community vibes! This event is proudly sponsored by an amazing group of Badin students who selected NeuroFit as their partner for their senior service project. We can't wait to see you there! Please RSVP to Colleen 513-207-0104 (text or call) so that we have a count for food and drink! Even if it's a game day decision and you don't RSVP, please join us!!



Name: _____

Date: _____

Card Games

Word Search



ANACONDA
 BACCARAT
 BLACKJACK
 BRIDGE
 CANASTA
 CASINO
 CONCENTRATION
 CRIBBAGE
 EUCHRE
 GO FISH
 HEARTS
 NERTZ
 NINETY-NINE
 OLD MAID
 PIG
 PINOCHLE
 POKER
 RUMMY
 SLAPJACK
 SNAP
 SOLITAIRE
 SPADES
 SPOONS
 TEXAS HOLD EM
 UNO
 WAR
 WHIST

O	B	F	L	N	H	L	Q	S	U	G	N	W	N	K	Y	P	R	Q	H	J
L	Z	S	S	Y	J	U	E	R	I	A	T	I	L	O	S	L	I	F	Q	H
D	I	N	T	P	A	T	U	Z	M	X	N	W	R	Z	W	J	C	G	H	R
M	E	O	R	S	A	M	E	N	O	E	I	Z	J	W	V	T	B	J	G	C
A	X	O	A	S	M	D	W	C	T	N	P	F	L	T	R	E	M	U	I	R
I	D	P	E	Y	H	X	E	Y	B	D	M	A	J	Q	F	X	Q	O	V	M
D	G	S	H	Q	C	W	N	S	L	F	W	V	N	N	A	A	N	N	G	S
H	R	G	H	M	F	I	W	R	N	F	Q	J	B	S	T	S	I	H	W	N
Z	V	D	O	N	N	Q	P	I	N	O	C	H	L	E	I	H	N	H	H	O
V	E	H	A	E	K	C	A	J	P	A	L	S	Z	N	S	O	T	R	Z	I
R	B	U	P	D	S	J	M	M	W	J	B	V	V	O	X	L	J	M	B	T
R	B	Z	C	E	G	D	I	R	B	A	Z	R	U	V	A	D	S	X	Y	A
F	M	G	M	H	R	V	C	X	W	B	R	H	P	H	R	E	K	O	P	R
A	X	U	T	A	R	A	C	C	A	B	X	W	U	S	M	M	S	Q	L	T
N	D	J	O	P	I	E	B	C	M	K	O	Z	G	U	V	R	S	V	B	N
A	U	F	Z	M	Z	D	L	P	A	N	E	L	W	C	A	S	I	N	O	E
C	I	S	P	S	W	R	A	R	I	N	X	X	R	N	R	I	D	H	O	C
O	B	V	H	S	I	F	O	G	O	N	A	U	Z	X	E	U	C	C	I	N
N	V	X	Q	F	C	J	S	F	D	X	N	S	D	Z	I	R	U	S	I	O
D	L	C	R	I	B	B	A	G	E	O	U	X	T	I	X	T	T	T	A	C
A	U	J	B	L	A	C	K	J	A	C	K	X	B	A	K	K	I	Z	D	Q

DIRECTIONS: Find and circle the card games in the grid. Look for them in all directions including backwards and diagonally.