

March News!! Happy St. Patrick's Day!

NeuroFit News



Congratulations to Hank Neltner and Rene Gregg for winning the surprise prize from the February 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 date is March 29th!

Thankful for our March Birthday!!

3/2 Mike Snodgrass
3/3 Steve Allen
3/3 Venkatesh Ambati
3/14 MaryLou Woods
3/16 Ken Perkins
3/16 Craig Manuel
3/19 Mary Schroder
3/26 Nicole Eichert
3/27 Jeanette Holderman



PD Support Groups

- * **Monday, March 18th @ 6:30 PM:** Special presentation by Kate Stark, the Coordinator for CB Moves, Cincinnati Ballet's adaptive dance program. Anyone is welcome to attend to learn more about Dance for PD! See flyer on page 4!
- * **Thursday, March 21st @ 6:30PM:** Gym member support group meeting

Both meetings are held at NeuroFit Gym

New Class on Mondays starting March 11th!

Starting Monday, March 11th, we will be adding an advanced cross-fit-type class from 5:15 to 6:15 PM. The class will be taught by Emma Collett, UD Graduate student pursuing her DPT. Emma was recently a student with Amy for 8 weeks!

New Class on Tuesdays!

Starting Tuesday, 2/27, we will be adding an advanced strengthening class from 11:00 to 11:30 AM before rowing. If you would like to attend this class, please talk to Amy, Colleen, Erin, or Annie for approval. We want to make sure everyone is safe and able to participate. Balance will be incorporated into the strengthening exercises.

Did someone say vacation day??!

The gym will be closed :

Friday, March 29th - Good Friday

Friday, May 24th & Monday, May 27th - Memorial Day

Monday July 1 through Friday July 5th - 4th of July!

The Scoop



NCAA Fundraiser!!

The NeuroFit gym relies heavily on grants and fundraisers for operations. This allows us to keep our prices very, very low, even though licensed PTs and OTs run our programs. With that being said, we are attempting our first **NCAA squares fundraisers!** We will sell 100 squares and each square is \$30. Venmo @theneurofitgym. Or cash/ credit in person. Once all squares are sold, we will randomly place names and numbers. Payoffs below! We will also have an online bracket fundraiser once those are available. Thank you for supporting the gym!

NCAA College Basketball Squares Game

How it works:

- The Grid will be split by Winning team/Losing team
- Numbers 0-9 will be assigned randomly, as Grid is full
- The last digit of a score combination for a given game will be used to determine the Winner
- There are 63 chances to win per square purchased
- Cost is \$30/per square

Payout Schedule:

- 1st Round = \$3 per game (32 games)
- 2nd Round = \$6 per game (16 games)
- Sweet 16 Round = \$15 per game (8 games)
- Elite 8 Round = \$30 per game (4 games)
- Semi-Finals Round = \$75 per game (2 games)
- Championship Game = \$150 payout (1 game)



If all 100 squares are NOT sold on a bracket, payout schedule and total payout will be adjusted. The same Grid is used for the entire tournament, and each square can win multiple times. Payouts will be provided after the tournament concludes.

Save the Date!

JBF Gala (Joe Bertram Foundation) will be held Friday, April 19th.

NeuroFit loves to support the Joe Bertram Foundation

Every year, there is a JBF Gala to raise money in honor of Joe. The Foundation awards scholarships to students from the two schools where Joe taught - Northwest and Colerain. JBF also donates to local non-profit organizations: The Dragon Fly Foundation, Cancer Free Kids, The Jeffrey Hoeh Memorial in memory of Ryan Jones and Joe Molter, as well as the Preston Brown Foundation. The Gala includes dinner and dancing. There is also a Basket Raffle and Bourbon Pull.

The 8th annual JBF Gala is Friday, April 19th at Receptions in Fairfield.

Every year the gym donates a basket for the basket raffle. This year, we are making a Dinner Evening for 8 Basket. The meal will be provided by members of the gym to the raffle winner. For the basket - think anything needed for a dinner party!

Ideas might be cloth placemats, napkins, wine, cookbook, dessert plates, charcuterie board and fixings, chocolates, mints. If you would like to donate a bottle of bourbon, bring it to the gym!

If you would like to attend the gala, please see Amy!

\$50.00 per person / \$400.00 Table of 8



Welcome William 'Will' Douglas Massa
Arriving on 2/17/2024, weighing 6lbs 13oz.
Congratulations Olivia, Michael, and big brother Charlie!

PD Education Night CB Moves



What is CB Moves? A specialized dance class designed uniquely for persons with Parkinson's and their loved ones. Expert faculty use movement and music to stimulate the body and mind, providing a supportive forum for fitness, expression and community for participants of all ages. Dancers are welcome to enjoy class on their own or to invite a companion to participate with them.

Kate Stark is the Coordinator for CB Moves, Cincinnati Ballet's adaptive dance program. They offer Parkinson's specific dance classes three times a week, taught by faculty who all have a personal connection to Parkinson's disease and have been trained in the research-based methodology of the Dance for PD program in New York City. If her schedule allows, Elizabeth Grover will also attend to talk about her experience in the program as a person with Parkinson's.

Where: NeuroFit Gym

4155 Tonya Trail, Hamilton, OH 45011

When: Monday, March 18th, 6:30 PM

Topic: CB Moves: The physical, social and emotional benefits of the CB Moves program, along with a short demo class!

**Need NeuroFit Gym Swag?
Visit this link!**

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

Name: _____

Date: _____



March Madness Word Search



Arizona

Dayton

Bunny

Knicks

Bucknell

Foulshot

Gonzaga

Turnover

Rebound

Bankshot

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

Traveling

Hangtime

Mavericks

Louisville

Marquette

Basketball

Syracuse

Villanova

Creighton

Notre Dame