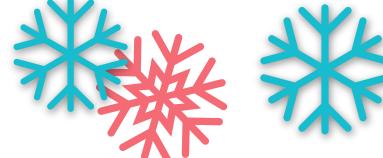


NEUROFIT NEWS



FEBRUARY

Class Alerts!

No BOYO Tuesday 2/17 and 2/24

No chair yoga TH 2/19

SUPERBOWL LX FUNdraiser for NeuroFit!

\$20/square

Payouts:

\$100.00 first quarter

\$100.00 second quarter

\$100.00 third quarter

\$200.00 for final score

All funds raised directly benefit NeuroFit!

Accepting cash, check, Venmo! See Amy or Colleen if you wish to purchase any squares!

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. Please be careful if you park on the side of the building facing the road - water drips from the roof and will freeze in front of the doors! 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 and Facebook any class cancellations or schedule changes.

Amy: 513-543-3188.

Colleen: 513-207-0104

Happy February Birthdays!!

Brian Graves 2/2

Doreen Molinsky 2/6

Larry Wallen 2/9

Mario Nootz 2/12

Kevin See 2/12

Steve Chrupka 2/13

Paul Royalty 2/14

Bonnie Jackson 2/18

Daniel Appenfelder 2/18

Judy Fulmer 2/18

Rick Volk 2/18

Ken Herrington 2/23

Robin Townsend 2/28



Congratulations to Sandie Griffin and Sam Milligan for winning the surprise prize from the January 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 2/27/25.



Happy
Valentines
Day!

Thank you to all who came to the Casino Night to support NeuroFit! Badin students Connor, John, Riley, and Nathan did a great job organizing the event. Several of their parents, families, and friends helped too. The evening raised over \$1200.00 and everyone had a great time!



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 and their care partners with Parkinson's. Next meeting is February 4th.
- * NeuroFit Gym Parkinson's support group for members and their care partners meets the 3rd Thursday of the month. Next meeting is Thursday, February 19th 6:30-8:00 PM. See below for Info on special presentation at March meeting! All are welcome!



Need Work Out Gear?! NeuroFit Spirit Link!

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

NeuroFit Caring Closet

NeuroFit has been graciously given several wheelchairs, walkers, U-Step walkers, commode chairs, shower benches, and other adaptive equipment.

If you or someone you know needs a piece of equipment, please let us know. We are happy to pass along what others have donated to us.



It's time to register for the Annual Parkinson Support and Wellness Spring Forum! Saturday, April 25, 9:00AM to 3:00 PM
Doors open at 8am.

Location: Manor House - 7440 Mason Montgomery Rd, Mason, OH 45040

<https://wl.donorperfect.net/weblink/>

Thank you to Denise Rieman for sharing this article on sleep!

8 Steps I Take to Get Better Sleep With Parkinson's

<https://parkinsonsnewstoday.com/columns/8-steps-better-sleep-with->

Is it a SCAM? Or is it REAL?

On Thursday, March 19th, Rick Buchheit, Captain Over Investigations at the Butler County Sheriff's Office, will make a special presentation at the gym about *scams*, what they are, how to recognize them, how to avoid them, and what to do if you are caught in one!

6:30-8:00 PM @ NeuroFit! All are welcome!



I would like to share with everyone a new venture my mother in law, Char Schuster, is starting!

It is called *Curious Companions*

About Curious Companions

Aging is not something to fear—it's something to honor. Our Curious Companions Program proves that the later chapters of life can be some of the richest, wisest, and most fulfilling. With every year lived, we gain stories, insights, tenderness, and courage. We don't outgrow curiosity or joy. We don't lose our capacity to dream, or discover. And we never become “too old” to learn new things, create new memories, and build new relationships.

Curiosity fosters engagement with life, encouraging continuous exploration and social interaction. Research has shown that older adults who maintain a creative and curious mindset tend to report higher levels of happiness and a more optimistic outlook on aging. I gently challenge my participants to increase their curiosity and to cultivate meaningful connections.

Each Curious Companions session—whether in person or on Zoom—is a celebration. We laugh together. We reflect. We create. We wander down the paths of stories long tucked away. We welcome new ideas, new curiosities, and new sparks of inspiration.

*Curious Companions is where curiosity stays alive.
At Curious Companions, joy is always possible.*

 CHARLENESCHUSTER.COM

CURIOUS COMPANIONS

**A PLAYDATE FOR CURIOUS HEARTS
BECAUSE CURIOSITY AND
COMPANIONSHIP MATTERS AT
EVERY AGE!**



After 25 years as a Business and Life Coach, I am stepping into a new chapter that feels like a true homecoming—one devoted to enriching the lives of older adults through creativity, curiosity, and heartfelt human connection.

Join us for the inaugural Curious Companion Live Session on March 26, 2026, from 3 pm to 4:15 pm at the Neuro Fit Gym at 4155 Tonya Trail Dr., Hamilton, Ohio.

Let's get curious together and enjoy meaningful, heart-centered conversations about food and family—sharing treasured memories, beloved recipes, and stories that have shaped our lives.

Then, enjoy a hands-on creative activity: crafting your very own Recipe Journal, a keepsake you can continue adding to long after the session ends. All journal supplies are thoughtfully provided—**Register at charleneschuster.com - only 12 seats are available**
Go to the site, click Sessions, find a live event, and register.

Thank you! Colleen

To learn more and register for the inaugural event at NeuroFit Gym, click here:

[https://charleneschuster.com/
sessions/coaching-check-in](https://charleneschuster.com/sessions/coaching-check-in)

To learn more about Char and Curious Companions, click here:

<https://charleneschuster.com/>

BONUS: what is the misspelled word in this newsletter? _____

Name: _____

Superbowl Foods

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

cheeseburger
guacamole
sliders
winds
pizza

buffalodip
pretzels
nachos
salsa
chips

meatballs
barbecue
hotdog
queso
chili

Try this cipher! (Shout out to Drew for the idea!) Use the note below from Artie Brilliance to decipher the hidden message at the bottom. **The first number is the number of the word. The second number is the letter in that word, counting from the first letter.** See the highlighted example.

Tip: draw a line after the word with the letter in it, then start the next word with 1.

Solve the puzzle to reveal a special message! Who is Artie Brilliance??

I was laughing to myself at a memory from last year and thought of you. We had such a conversation (20th word, 1st letter = C) that day and I remember wishing we could visit like that more often. Lately, life feels light and full in ways I didn't expect.

There have been so many moments that made me pause and smile. I keep thinking about how time moves so quickly, yet some things stay wonderfully familiar. It's funny how a new season of life can bring a fresh perspective.

I've been feeling especially grateful! Even ordinary days feel touched with something new and meaningful. I caught myself smiling the other day, realizing how grateful I am.

This next part may sound odd, but I've been unusually reflective and giddy lately. Maybe it's just one of those thoughtful moods that sneaks up on you. I've also felt a strong urge to bring people I love closer.

There's a quiet excitement I haven't quite put into words, almost like holding a stone in my pocket and turning it over in my hand. I know that sounds strange, but it's the best way I can describe it. Something about this season of life feels sober and joyful at the same time.

Sometimes I feel a sense of vital anticipation that's hard to describe. It's paired with a calm orbit of contentment. I've noticed my thoughts amber toward the future in the sweetest way.

A gentle seed of happiness has settled in my heart. I find myself smiling for no reason at all. Even on busy days, there's a realm of joy underneath everything.

I promise I'll explain more soon. Until then, just know I'm thinking of you and smiling!

You're friend.

Artie Brilliance

C	—	—	—	—	—	—	—	—	—	—	—	—	—		
20-1	8-2	6-1	5-4	5-1	3-2	8-2	—	4-3	5-1	—	4-5	6-2	10-9	7-5	8-7
—	—	—	—	—	—	—	—	—	—	—	—	—	—	!!!!	
10-4	8-1	9-4	15-2	11	11-7	17-3	7-2	21-3	5-4	10-8	5-1	—	—	—	