November NEUROFIT News



Happy Birthday to YOU!!

Paul Gerwin 11/3
Natalie Watson 11/3
Bill Hilbert11/4
Lara Castillo 11/5
Bill Hillman 11/5
Emmalee Smith 11/6
Michele Gressel 11/8
Laurie Hyatt 11/9
Joyce Tramonte 11/10
Back Farrell 11/11
Joyce Davin 11/12
Dave Spicer 11/17
Jeff Pritchard 11/18
Elliot Bryant 11/19
Cindy Wallace 11/21
Kathy Johnson 11/25
Marsha Riga 11/25
Gail Stark 11/26
Ron Cioffi 11/27
Dan Goller 11/27
Nick Tuley 11/29





Happy Veteran's Day to all our Veterans! We thank you for your service to our country!

Class Alerts!!

No Uber Jabber Wednesday November 4th

No Jabber Gym Monday November 9th

Advanced Boxing on Wed 11/4 and Monday 11/9 will begin at 9:15 AM!

No slow flow yoga or chair yoga Tuesday November 24th

No BOYO Tuesday November 24th

No classes at West Side location on the Thursdays in November (11/5, 11/12, 11/19)

NeuroFit Gym will be closed the week of Thanksgiving on Wednesday, Thursday, and Friday - November 25-27th!

Rowing Reminder!

Please remember to sign up on the clipboard before attending the rowing class. If you attend without signing up and the class is full, priority will be given to those who reserved a spot. If a rower is needed for someone who signed up, we'll kindly ask you to use a bike instead.

Thank you for helping us keep classes organized and fair for everyone! 😊



PARKINSON SUPPORT & WELLNESS
Learning. Moving. Sharing.

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

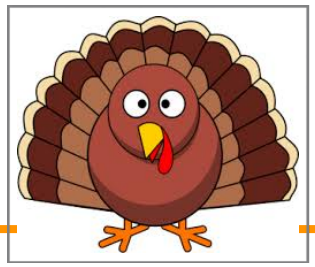
Need Work Out Gear?! Or a Christmas Gift??

NeuroFit Spirit Link!

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

We now have a few spirit wear items for sale at the gym! Please let us know if you would like a T-shirt or sweatshirt!

T-shirts $15.00 Sweatshirts $30.00



The Scoop



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 to 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!

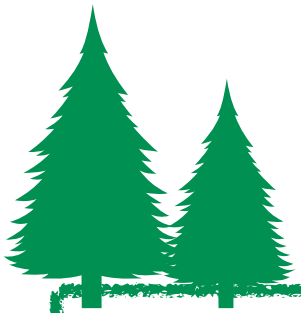
Attention all Jabber Gym-ers!

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! 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.

Number 1 Jabber Jockey for October will be announced next month!

Did you know?

NeuroFit Gym offers gift certificates in any amount. If your family and friends don't know what to buy for you for Christmas… time at the gym with friends is priceless!



October NeuroFit News winners are Rick Volk and Hank Neltner! November word search is due November 30th. Don't miss out on your chance to win a surprise prize!

NeuroFit Gym is a nonprofit, 501c3 organization dedicated to empowering individuals with neurological conditions through exercise, education, community, and connection. As you consider your year-end giving, we hope you'll remember NeuroFit and help us continue providing life-changing programs for those we serve. Thank you for supporting our mission.

Thanksgiving Word Search

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



HARVEST
PUMPKIN
TURKEY
FAMILY
GRAVY
AUTUMN
DINNER

FEAST
THANKS
CRANBERRY
CORNBREAD
STUFFING
YAMS
PILGRIM

PARADE
NAPKINS
DISHES
BAKING
BOUNTY
TABLE
SEASON
FRIENDS



© cassiesmallwood.com. For personal or class use only.