

December NEUROFIT News

Happy Birthday to YOU!!

Doug Edwards 12/6

Dick Gentry 12/8

Eric Newell 12/8

Penny McGaughey 12/8

Pam Heidorn 12/12

Steve Wegman 12/16

Lisa Evans 12/16

Paul Ose 12/19

Bob Smith 12/19

Sherry Hite 12/23

Jeanie Brewer 12/27

Justin Oehler 12/28

Mark Leach 12/28

Mike Land 12/30



Class Alerts and Christmas New Year Schedule!

**Monday evening classes are on hold.

**No noon boxing on Friday, December 12th! We will be setting up for the Christmas Party.

**Class Schedule is normal Monday December 22 and Tuesday the 23rd. No BOYO Tuesday night. Gym will be closed 12/24-12/26. Merry Christmas!

**Class schedule is normal Monday December 29 and Tuesday the 30th. No BOYO Tuesday night. Gym will be closed December 31-Jan 2. Happy New Year!

**Normal schedule resumes January 5th.

No PD Support Group meetings in December!

Would you like to help?

NeuroFit Gym is largely sustained by grants from private and community foundations. Part of the grant writing process is the ability to show objective data, which is why we have asked for your help with various surveys. Now, we would like to get a little more individualized information! This would involve a short testing session performed every 3 months with your therapist (if you have individual sessions) or with Colleen (if you attend classes). Testing would consist of assessments for balance, strength and transfers, and endurance and gait and would take approximately 20-30 minutes. Let us know if you are interested. All data collected is yours to keep but will be used confidentially in the grant writing process.

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.



The Scoop



NeuroFit Christmas Party and Vendor Show

Friday, December 12th - 4:00 to 8:00 PM.

Santa will be at the gym 5:30 to 7:30 PM

Food, Beverages, Community, Shopping, and SANTA!!!

Please bring a sweet treat to share if you would like.



A special thank you to those who have made donations to NeuroFit this year. We are incredibly grateful for your generous gifts. Your support creates real and lasting impact for the individuals and families we serve. Thank you for investing in our mission and helping us continue this important work.

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

How about some NFG Spirit wear or a gift certificate for classes?

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

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!

Save the Date!!

Friday Evening, January 23rd, several Badin students will be hosting a Casino/Game night for our members and their families! Save the date, more info to come!

December NeuroFit News winners are George Hain and Jeanette Holderman! December word search is due December 30th. Don't miss out on your chance to win a surprise prize!

Oh the weather outside is frightful... but NeuroFit is so delightful!

Please check your email on snowy or icy days! We may 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! Amy: 513-543-3188. Colleen: 513-207-0104

Holiday Tunes

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



- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Nigh
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland

Chicken Scratch NY