

November NEUROFIT News



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

Happy Birthday to YOU!!

Paul Gerwin 11/3

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

Cindy Wallace 11/21

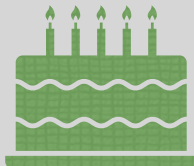
Kathy Johnson 11/25

Gail Stark 11/26

Ron Cioffi 11/27

Dan Goller 11/27

Yogi 11/10



Please let us know if we missed anyone!

Class Alert!!

NeuroFit Gym will be closed the week of Thanksgiving: November 24-28th! Stay tuned for the Christmas schedule.

Neuropathy clinic: Tuesdays from 10:30 to 11:45 AM. This will be a clinic for 3 clients and will run for 6 weeks. Cost is \$300.00. See Amy or Erin for details. Next clinic begins after the holidays!

No BOYO Tuesday, December 2nd!

October NeuroFit News winners are Ron C. and Bill N!

November word search is due December 1st. Don't miss out on your chance to win a surprise prize!

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.

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

NeuroFit Spirit Link!

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





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. Next meeting is November 20th, 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!

NeuroFit Christmas Party and Vendor Show

Friday, December 12th - 5:00 to 8:00 PM.

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



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!

Many of you have seen the *NeuroWall* in progress - Sophie Shockey's amazing OT capstone project! On **November 19 at 1:00 PM**, Sophie will share a short presentation and demo for gym members and therapists. Stay a few extra minutes after boxing, arrive early for DTD, or swing back after Cog Cardio. Come experience how this one-of-a-kind *interactive ADL wall* will help our community think, move, and engage!

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!

Name: _____ Date: _____

Thanksgiving Day

Word Search

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

COLONY
CORNUCOPIA
CRANBERRIES
FALL
FAMILY
FEAST
GOBBLE
GRATITUDE
GRAVY
HARVEST
HOLIDAY
MAIZE
MAYFLOWER
MILES STANDISH
NEW WORLD
NOVEMBER
PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
THURSDAY
TURKEY
WAMPANOAG
YAMS

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

