



September

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Deb's Functional Movement & Neuromuscular Re-Education Class 10:45-11:45	2 NO CLASS	3 Chair Yoga Class 10:45-11:45	4
5	6 NO CLASS: LABOR DAY!	7 Lindsay's Move It Dance Class 10:45-11:45	8 Deb's Functional Movement & Neuromuscular Re-Education Class 10:45-11:45	9 NO CLASS	10 Chair Yoga Class 10:45-11:45	11
12	13 Deb's Drumming 10:45-11:15 Kilee's High Intensity Class 11:15-12:15	14 Lindsay's Move It Dance Class 10:45-11:45	15 Deb's Functional Movement & Neuromuscular Re-Education Class 10:45-11:45	16 NO CLASS	17 Chair Yoga Class 10:45-11:45	18
19	20 Deb's Drumming 10:45-11:15 Kilee's High Intensity Class 11:15-12:15	21 Lindsay's Move It Dance Class 10:45-11:45	22 Deb's Functional Movement & Neuromuscular Re-Education Class 10:45-11:45 CLIMB Support Group @12:00	23 NO CLASS	24 Chair Yoga Class 10:45-11:45	25
26	27 Deb's Drumming 10:45-11:15 Kilee's High Intensity Class 11:15-12:15 *Caregiver Support Group @ 10:45am (zoom)	28 Lindsay's Move It Dance Class 10:45-11:45	29 Deb's Functional Movement & Neuromuscular Re-Education Class 10:45-11:45	30 NO CLASS		For questions: email: adde@indianaparkinson.org Phone: 317-550-5648 www.indianaparkinson.org

September Events and Updates at The CLIMB:

- NO CLASS on Monday, September 6th due to Labor Day.
- ALL classes will now begin at 10:45 and we are located at the Fisher LivRite location at 13454 Parkside Dr. Fishers, IN 46038.
- Wednesday, September 22nd is your next CLIMB support group at noon. This group will be an open forum format so come with questions that you would like to discuss amongst the group.
- Monday, September 27th is your next virtual caregiver support group at 10:45am. Here is your link for that meeting: <https://us02web.zoom.us/j/85428317954?pwd=dm42QXcxdkdza3VZUEJMbkQzSmdYQT09>