



**INDIANA PARKINSON  
FOUNDATION**

# December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Kim's High Intensity Class 10:45-11:45	2 NO CLASS	3 Carol's Chair & Mat Yoga 10:45-11:45	4
5	6 Drumming w/ Deb 10:45-11:15 Kim's High Intensity Class 11:15-12:00	7 Bhawna's Chair Yoga 10:45-11:45	8 NEW: Stacy's Functional Movement Class 10:45-11:45	9 NO CLASS	10 Carol's Chair & Mat Yoga 10:45-11:45	11
12	13 Drumming w/ Deb 10:45-11:45 NEW: Stacy's High Intensity Class 10:45-11:45	14 Bhawna's Chair Yoga 10:45-11:45	15 NEW: Stacy's Functional Movement Class 10:45-11:45	16 NO CLASS	17 Carol's Chair & Mat Yoga 10:45-11:45	18
19	20 Drumming w/ Deb 10:45-11:15 NEW: Stacy's High Intensity Class 11:15-12:00	21 Bhawna's Chair Yoga 10:45-11:45	22 NEW: Stacy's Functional Movement Class 10:45-11:45	23 NO CLASS	24 NO CLASS Christmas Eve	25 Merry Christmas!
26	27 Drumming w/ Deb 10:45-11:45 NEW: Stacy's High Intensity Class 10:45-11:45 Virtual Caregiver Support Group @ 10:45am	28 NEW: Stacy's High Intensity Class 10:45-11:45	29 NEW: Stacy's Functional Movement Class 10:45-11:45	30 NO CLASS	31 NO CLASS New Year's Eve	For questions: email: <a href="mailto:addie@indianaparkinson.org">addie@indianaparkinson.org</a> Phone: 317-550-5648 <a href="http://www.indianaparkinson.org">www.indianaparkinson.org</a>

## **December Events and Updates at The CLIMB:**

- Stacey Goins, a new CLIMB instructor, will be starting with us on Wednesday, December 8th. I will be sending out a bio on Stacy so you can learn more about her.
- There will be NO CLASS on December 23-24 and December 30-31 due to Christmas and New Year's Break. Merry Christmas and Happy New Year!
- There will be NO December support group due to Christmas and New Years. Monthly support groups will start back up in January 2022.
- Monday, December 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=dm42QXcxdkdza3VZUEJMbkoZSmdYOT09>