

2024 May



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				
2				
3				
<p>PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise</p> <p>A Better Approach to MEMORY CARE</p> <p>Denotes Presentation or Special Event (Please Sign Up at Front Desk)</p>	<p>CINCINNATI REHABILITATION HOSPITAL at BLUE ASH</p> <p>amneal We make healthy possible</p> <p>Supernus Pharmaceuticals</p>	<p>10:15–10:45 Floor Stretch Elite Lisa Coors</p> <p>11:00–11:45 PD Elite Strength Lisa Coors</p> <p>12:00–12:45 Chair Yoga FD John Treacy</p> <p>1:00–1:45 Strength FD Therese Bibby</p>	<p>10:00–10:45 Cardio Drumming ADV Joelle Tunning</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Cornhole Tournament John Treacy</p> <p>2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</p>	<p>9:00–9:45 Elite Boxing Daniel Hartoin</p> <p>9:45-10:15 Core on the Floor (Elite) Lisa Coors</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Strength & Stretch – All John Treacy</p>
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<p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Dance Joelle Tunning</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p>	<p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – L/V Jeanie Bryant</p>	<p>10:15–10:45 Floor Stretch Elite Lisa Coors</p> <p>11:00–11:45 PD Elite Strength Lisa Coors</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–1:45 Strength FD Therese Bibby</p> <p style="border: 2px solid red; padding: 5px;">12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrg1@hotmail.com</p>	<p>10:00–10:45 Cardio Drumming ADV Jenna Moffo</p> <p>11:00–11:45 PD ADV Paige/Jenna</p> <p>12:00–12:45 PD FD Paige/Jenna</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Cornhole Tournament John Treacy</p> <p>2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</p>	<p>9:00–9:45 Elite Boxing Daniel Hartoin</p> <p>9:45-10:15 Core on the Floor (Elite) Lisa Coors</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Strength & Stretch – All John Treacy</p> <p style="border: 2px solid red; padding: 5px;">1pm-Summit Home Health Care- Lunch and presentation</p>
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<p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Dance Joelle Tunning</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p> <p style="border: 2px solid red; padding: 5px;">11am-1:00pm Ask a Nurse with Maureen Gartner</p>	<p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – L/V Jeanie Bryant</p>	<p>10:15–10:45 Floor Stretch Elite Lisa Coors</p> <p>11:00–11:45 PD Elite Strength Lisa Coors</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–1:45 Strength FD Therese Bibby</p>	<p>10:00–10:45 Cardio Drumming ADV Joelle Tunning</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Cornhole Tournament John Treacy</p> <p>2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</p>	<p>9:00–9:45 Elite Boxing Therese Bibby</p> <p>9:45-10:15 Core on the Floor (Elite) Therese Bibby</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Strength & Stretch – All John Treacy</p>
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<p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Dance Joelle Tunning</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p> <p>7pm Pleasant Ridge Support Group</p>	<p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – L/V Jeanie Bryant</p> <p style="border: 2px solid red; padding: 5px;">2pm Ask a Dementia Specialist with Teresa Youngstrom</p>	<p>10:15–10:45 Floor Stretch Elite Lisa Coors</p> <p>11:00–11:45 PD Elite Strength Lisa Coors</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–1:45 NO CLASS Therese Bibby</p> <p style="border: 2px solid red; padding: 5px;">10:30am- 12:30pm Donna Burnett Counseling Services Available</p> <p style="border: 2px solid red; padding: 5px;">1pm- Presentation and lunch Dr. Amir Zaidi UC Gardner Neuroscience</p>	<p>10:00–10:45 Cardio Drumming ADV Joelle Tunning</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Cornhole Tournament John Treacy</p> <p>2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</p>	<p>9:00–9:45 Elite Boxing Therese Bibby</p> <p>9:45-10:15 Core on the Floor (Elite) Therese Bibby</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Strength & Stretch – All John Treacy</p> <p style="border: 2px solid red; padding: 5px;">1pm- Cincinnati Rehabilitation Hospital - Lunch and presentation</p>
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<p>MEMORIAL DAY REMEMBER & HONOR</p>	<p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – L/V Jeanie Bryant</p>	<p>10:15–10:45 Floor Stretch Elite Lisa Coors</p> <p>11:00–11:45 PD Elite Strength Lisa Coors</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–1:45 Strength FD Therese Bibby</p>	<p>10:00–10:45 Cardio Drumming ADV Joelle Tunning</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Cornhole Tournament John Treacy</p> <p>2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</p>	<p>9:00–9:45 Elite Boxing Therese Bibby</p> <p>9:45-10:15 Core on the Floor (Elite) Therese Bibby</p> <p>11:00–11:45 NO CLASS Joelle Tunning</p> <p>12:00–12:45 Strength & Stretch – All John Treacy</p>
<p>Key: FD = Foundations Level Classes ADV = Advanced Level Classes PD = Parkinsons Disease L = Live (In Person) V = Virtual (Connect via video link)</p>				

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