

2024 August



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>Help and Hope with Dementia A Better Approach to MEMORY CARE PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise</p> <p>Denotes Presentation or Special Event (Please Sign Up at Front Desk)</p>		<p>CINCINNATI REHABILITATION HOSPITAL at BLUE ASH Supernus Pharmaceuticals</p>		<p>amneal We make healthy possible ACADIA</p>		1	10:00–10:45 Cardio Joelle Tunning Drumming ADV	2	9:00–9:45 Elite Boxing Therese Bibby
						11:00–11:45 PD ADV Paige Parkhouse	9:45–10:15 Core on the Floor (Elite) Therese Bibby		
						12:00–12:45 PD FD Paige Parkhouse	11:00–11:45 Seated Cardio – All Joelle Tunning		
						12:00–12:45 Girl Talk	12:00–12:45 Strength & Stretch – All John Treacy		
						1:00–1:45 Cornhole Tournament John Treacy			
						2:00–2:45 Cognitive Skills Jeanie Bryant			
5	6	7	8	9	10:00–10:45 Floor Stretch Elite Jennifer Marks	10:00–10:45 PD Elite Paige Parkhouse	10:15–10:45 Floor Stretch Elite Lisa Coors	10:00–10:45 NO CLASS Joelle Tunning	9:00–9:45 Elite Boxing Therese Bibby
11:00–11:45 Elite Dance Jennifer Marks	11:00–11:45 PD ADV Paige Parkhouse	11:00–11:45 PD Elite Strength Lisa Coors	11:00–11:45 PD ADV Paige Parkhouse	9:45–10:15 Core on the Floor (Elite) Therese Bibby					
12:00–12:45 Chair Yoga FD April Aloisio	12:00–12:45 PD FD Paige Parkhouse	12:00–12:45 Chair Yoga FD April Aloisio	12:00–12:45 PD FD Paige Parkhouse	11:00–11:45 NO CLASS Joelle Tunning					
1:00–2:00 Seated Cardio – All Jennifer Marks	1:00–1:45 Chair Volleyball John Treacy	1:00–1:45 Strength FD Therese Bibby	12:00–12:45 Girl Talk	12:00–12:45 Strength & Stretch – All John Treacy					
	2:00–2:45 Hands On – LV Jeanie Bryant	<p>Meet and Greet with Alex Meacham and Brandon McIntosh 2pm Skyline Chili will be served</p>		1:00–1:45 Cornhole Tournament John Treacy					
				2:00–2:45 Cognitive Skills Jeanie Bryant					
12 Day sponsored by Supernus		13		14		15		16 Day sponsored by Amneal	
10:00–10:45 Floor Stretch Elite Joelle Tunning	10:00–10:45 PD Elite Paige Parkhouse	10:15–10:45 Floor Stretch Elite Lisa Coors	10:00–10:45 Cardio Drumming ADV Joelle Tunning	9:00–9:45 Elite Boxing Therese Bibby					
11:00–11:45 Elite Dance Joelle Tunning	11:00–11:45 PD ADV Paige Parkhouse	11:00–11:45 PD Elite Strength Lisa Coors	11:00–11:45 PD ADV Paige Parkhouse	9:45–10:15 Core on the Floor (Elite) Therese Bibby					
12:00–12:45 Chair Yoga April Aloisio	12:00–12:45 PD FD Paige Parkhouse	12:00–12:45 Chair Yoga FD April Aloisio	12:00–12:45 PD FD Paige Parkhouse	11:00–11:45 Seated Cardio – All Joelle Tunning					
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	2:00–2:45 Hands On – LV Jeanie Bryant	<p>12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrgl@hotmail.com</p>		1:00–1:45 Cornhole Tournament John Treacy					
				2:00–2:45 Cognitive Skills Jeanie Bryant					
19		20		21		22 Day sponsored by Acadia		23	
10:00–10:45 Floor Stretch Elite Joelle Tunning	10:00–10:45 PD Elite Paige Parkhouse	10:15–10:45 Floor Stretch Elite Lisa Coors	10:00–10:45 Cardio Drumming ADV Joelle Tunning	9:00–9:45 Elite Boxing Therese Bibby					
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11am- 1pm Ask a Nurse with Maureen Gartner	2:00–2:45 Hands On – LV Jeanie Bryant		1:00–1:45 Cornhole Tournament John Treacy						
7pm – Pleasant Ridge Support Group	2pm Ask a Dementia Specialist with Teresa Youngstrom		2:00–2:45 Cognitive Skills Jeanie Bryant						
26 Day sponsored by Cincinnati Rehab Hospital		27		28		29		30	
10:00–10:45 Floor Stretch Elite Joelle Tunning	10:00–10:45 PD Elite Paige Parkhouse	10:15–10:45 Floor Stretch Elite Lisa Coors	10:00–10:45 Cardio Drumming ADV Joelle Tunning	9:00–9:45 Elite Boxing Therese Bibby					
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				2:00–2:45 Cognitive Skills Jeanie Bryant					

Key: FD = Target Foundations Open to All ADV = Target Advanced Open to Elite Elite = Only Elite PD = Parkinsons Disease L = Live (In Person) V = Virtual (Connect via video link)

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