



FREE

Parkinson's & Essential Tremors Classes (via Zoom)

Come Join Us





Sheridan Co Health Dept.- Hoxie
 Jay Johnson Public Library- Quinter
 Logan Co Hospital Activity Center- Oakley
 Wallace Co Senior Center- Sharon Springs
 Lemke Memorial Hospital- WaKeeney

Topside Manor- Goodland
 The Movement Connection- Colby
 Decatur Health Hospital- Oberlin
 St. Francis Public Library- St. Francis

2024	10:00 am	10:30 am	11:00 am
September	Fitness	Coffee & Conversation	Art-Music-Presentations
4	PWR!	Callie Guajardo, OT- Goodland Medical Center	
11	PWR!	Art- Yarn Pom Poms	
18	Freestyle	Brenda Mazanec- Reflexology	
25	PWR!	Music- Breathing, Singing, Rhythm Instruments	
October	Fitness	Coffee & Conversation	Art-Music-Presentations
2	PWR!	Holly Kuhlman, PT- Logan County Hospital	
9	PWR!	Art- Clay Autumn Leaf Drape	
16	Freestyle	Sandy Kuhlman- My Hospice Ambassador	
23	PWR!	Music- Singing & Bells	
30	PWR!	Ashley Schriener- Caregiver- Colby	
November	Fitness	Coffee & Conversation	Art-Music-Presentations
6	PWR!	Bonnie Brown, SLP- NKESC	
13	PWR!	Art- Watercolor Thanksgiving Cards or Pictures	
20	Freestyle	Judy Harger & Colleen Bixenman- Essential Tremors	
27		No Classes	
December	Fitness	Coffee & Conversation	Art-Music-Presentations
4	PWR!	Kristin Parker- NWKS Chiropractic	
11	PWR!	Art- Christmas Gnomes	
18	Freestyle	Tina Steinert- Assistive Technology Consultant	
25		No Classes	

Instructors- Brenda Mazanec- Fitness Jeanne Cox- Art Jerri Shuman- Music



 MovingToLive.org
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 P.O. Box 32, Colby, KS 67701
 @ParkinsonsFamilies

2025	10:00 am	10:30 am	11:00 am
January	Fitness	Coffee & Conversation	Art-Music-Presentations
1			No Classes
8	PWR!		Art- Clay Pot
15	Freestyle	Shawndra Barnett, Certified Massage Therapist	
22	PWR!		Music- Singing and Bells
29	PWR!	Amanda Sowers, LCSW- Mental Health & Parkinson's	
February	Fitness	Coffee & Conversation	Art-Music-Presentations
5	PWR!	Crystal Schultz, SLP- Cheyenne County Hospital	
12	PWR!		Art- Snowflake Window Stick-On
19	Freestyle	Tammy Stephen- Department of Aging	
26	PWR!		Music- Rhythm Instrument Play
March	Fitness	Coffee & Conversation	Art-Music-Presentations
5	PWR!	Marcia Ptacek, Registered Dietitian- Salina	
12	PWR!		Art- Paint St. Patrick Day River Rocks
19	Freestyle	Fall Prevention- PT- Citizens Medical Center	
26	PWR!		Music- Singing and Bells
April	Fitness	Coffee & Conversation	Art-Music-Presentations
2	PWR!	Dawn Stephens, PT- NWKS	
9	PWR!		Art- 3-D Marker Hand Drawing
16	Freestyle	Michael J Fox Webinar	
23	PWR!	Music- Early Musical Memories	
30	PWR!	Ramona Zortman- Caregiver- Sharon Springs	
May	Fitness	Coffee & Conversation	Art-Music-Presentations
7	PWR!	Rebecca Dreiling, PT, DPT- Trego County Hospital	
14	PWR!		Art- Canvas Flower Painting
21	Freestyle	Webinar	
28	PWR!	Music- Favorite Hymns and Bells	