

Move4Parkinson's

EDUCATE • EMPOWER • INSPIRE

10 YEARS MOVING

December 2021

We would like to take this opportunity to thank all our Class Directors for all their hard work over the last year to ensure that classes were maintained online, ensuring everyone had the opportunity to continue to Sing & Dance!

Our thanks also go to Rachel Richardson who looks after the Move4Parkinson's accounts.

Despite a difficult year of being apart, we did have the opportunity to come together on a few occasions.

The board were delighted to host three Facilitated Sessions where there was the opportunity for us to Reflect on the Impact of Covid.

This has led to the establishment of Support Groups for both family members and for People with Parkinson's. We are delighted that Ann Kirwan has agreed to facilitate the sessions going forward every 5 to 6 weeks.



Our thanks go to Partners At Law for very kindly funding these sessions.

We were blessed with a beautiful sunny day at the end of October and we had our first drive in Karaoke. It was wonderful for us to be able to join together and sing outdoors for the first time in over eighteen months.



A couple of socially distanced Set Dancing classes were able to happen in at the end of October but unfortunately due to Government Guidelines these classes have had to resume online.



The Wicklow Choir have also had the opportunity to meet up together for a cup of tea and a chat over the last few months.

Chy No: 20099

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Christmas cards designed by Move4Parkinson's class attendee Jimmy Burns. To order Christmas cards please call 01 2950060 or email your order to info@move4parkinsons.com indicating which design A,B,C,D €5.00 for a pack of 6 and €2.50 for P&P if required

Sold out

Move4Parkinson's pens €2.00

Move4Parkinson's decoration €5.00

bluefrog
design&print

The printing of the Move4Parkinson's Christmas cards has been kindly sponsored by BlueFrog Design & Print

Move4Parkinson's notelets pack of 5 for €5.00

Our thanks go to Jimmy Burns for once again designing beautiful Move4Parkinson's Christmas cards. To order cards please call 01 2950060 or email info@move4parkinsons.com



The printing of these cards has kindly been sponsored by BlueFrog Design & Print

Throughout December 2020 we had a number of activities as part of our '12 Days of Christmas' programme including talks given by Prof. Graham Hughes, Dr. Denise McGrath & David Hegarty (Physio), a wonderful Cookery Demonstration by Oliver McCabe, an online Quiz, Bingo, Carol-oke, Craft Demonstration, Afternoon Tea and a virtual Christmas Concert.

In April we marked World Parkinson's Awareness Day with an online webinar which proved a great success. We also launched our new website www.move4parkinsons.com to mark our 10th Anniversary.

Please find some Dates for your Diary in December

COUNTDOWN4CHRISTMAS DECEMBER 2021

THURSDAY, 2ND, 9TH & 16TH DECEMBER:
YOGA/RELAXATION 11AM

TUESDAY, 7TH, 14TH & 21ST DECEMBER:
YOGA/RELAXATION 2.00PM

THURSDAY, 9TH DECEMBER: CAROLS
SINGALONG 7PM

MONDAY, 13TH DECEMBER: MOVE4PARKINSON'S
AGM 7.30PM

TUESDAY, 15TH DECEMBER: ONLINE BINGO 8PM

WEDNESDAY, 21ST DECEMBER: ONLINE QUIZ 8PM

ALL ACTIVITIES SCHEDULED FOR DECEMBER WILL
TAKE PLACE ONLINE



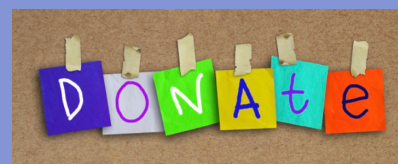
Online Carol-oke

As we look forward to the Christmas festivities and celebrations, we take this time to remember our many Move4Parkinson's friends who sadly are no longer with us. We especially remember their families and their friends at this time.

We have provisionally organised a Memorial Gathering on Sunday, the 13th February 2022, more details to follow as we will need to take into account the Government Guidelines in the New Year.



We remember the Friends we lost in 2020/21:
Raymond Barry, Fionnghuala Barry, Jin O'Reilly, Tom Curran, Vincent Roche, Eamonn Turner, John Wilson, Tom Mc Nally, Shay Healy, John Smith, Paddy Maher, Liam Cowdrey, Sean Bennett, Elizabeth Mc Cauley & Harry White



To donate €4.00 to
Move4Parkinson's
text the word move to 50300



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Move4Parkinson's are delighted that
Corinne Carthy will facilitate three Yoga classes
on Tuesday 7th, 14th and 21st December at 2pm.

Due to the current Government Guidelines these
session will take place via Zoom.

YOGA

These sessions will be Chair based and will
include some standing Yoga for those who would like
more of a challenge.

Fee: €15.00

(sessions will be subsidised by Move4Parkinson's)
Places are limited to 8 participants.

To reserve a place, please call 01 2950060
or email info@move4parkinsons.com

Once you have reserved a place,
you will be sent additional information from Corinne
along with a Medical Questionnaire for completion.

Chy No:20099

Move4Parkinson's are delighted
that Corinne Carthy will be
facilitating Yoga classes
on Tuesdays and Thursdays in
December. To register
for these classes please call
012950060 or email
info@move4parkinsons.com

Corinne very kindly facilitated
two Yoga sessions in November
which proved very successful.



*Wishing you a Peaceful & Happy
New Year. We look forward to the
Move4Parkinson's community being
able to come together safely in
2022.*

*Best wishes Tony (Chairperson),
Kate, Denise, Mary, Paul,*

