

**“Empowering people
with physical disabilities
to achieve their
potential”**

April 2019 Newsletter

What's New with MOVE?!

MOVE IS MOVING!!!

The long wait is over, say your goodbyes to the elevator as it is time to move to our brand new ground level location. Our new address will be #100-775 Topaz Ave. There is a handyDART drop off area, street parking as well as many buses that travel along Hillside and Douglas depending where you are coming from. We are so excited to have the opportunity to create a wellness centre and will be joining forces with Neuromotion, Ability Orthotics, Bayshore Rehab and Therapy, Aud Ability (audiology) and Dr Pierce (physiatrist).

To prepare for moving the gym will be CLOSED during the following:

- 2pm on Friday April 12th
- All day Saturday and Sunday April 13-14.

We will be open for business April 15th

Thank you for your patience as we get ready for the big move. Stay tuned for our grand re-opening event in the summer.

Holiday Closures: Easter long weekend



Friday April 19th - Closed

Saturday April 20th- Closed

Sunday April 21st -Closed

Monday April 22nd - Closed

Initial Assessments

As of February 1st, MOVE will be charging \$25 for initial assessments. This payment will act as a credit that can be put towards a membership of the client's choice (monthly or punch card). If you have any questions or concerns please forward them to Alannah.

Dance without Limits at MOVE

These classes are led by a certified dance instructor from Dance without Limits and will feature a variety of dance genres and movements. Classes will be adult focused and adapted to allow a wide range of individuals to participate! To sign up or inquire about more information, call or email MOVE. The workshop will be offered at no charge on:

- 5-6 pm April 15th -June 21st

Young Stroke Survivors Group



For new and experienced stroke survivors aged 18 to all those who are young at heart!

The group will determine the topics that will be discussed. These could include:

- Daily living skills
- Intimacy and relationships
- Managing feelings & emotions
- Family dynamics
- Getting back to work
- Health concerns (speech and mobility solutions)

When: First Tuesday of the Month beginning April 2nd 1pm-3pm

Where: Victoria Disability Resource Centre

Adapted Yoga



Every **Thursday from 5:15-6pm** with the lovely Danielle - This class is for anyone and everyone

\$10 (non-members) Free (members)

Adapted Chair Exercise Classes at MOVE



This class is run by the amazing Marissa and offers various exercises, stretches and movements that can help you achieve strength, flexibility and fitness from a seated position. This class is open to all levels and abilities including those who use power chairs, manual chairs as well as just regular sitting chairs. This class is held on **Wednesdays from 11:00 am - 11:45 am**.

\$10 (non-members) Free (members)

Volunteer of the Month



Katelyn

Field of Study: Kinesiology

Future Plans: Travel and pursue a Masters in Physical Therapy

How long have you been volunteering at MOVE?: Since January 2019!

Your favourite part about volunteering with MOVE?: Getting to know all of the members as well as help them towards achieving their goals! Everyone has been so lovely and welcoming since starting - I genuinely enjoy spending my time at MOVE!

Thank you for everything you do Katelyn!!!

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