



Adapted Fitness and Rehabilitation Society of BC

www.moveadaptedfitness.com
moveadaptedfitness@gmail.com

“Empowering people with physical disabilities to achieve their potential”

June 2019 Newsletter

What’s New with MOVE?!



Join Team MOVE

Help support MOVE by joining our 8 km member relay race for the Goodlife Marathon, you will be signing up to walk at least 1 km. We will have weekly training sessions all summer long on **Fridays at 930 am starting June 21st. First session will be at Ogden point - meeting at the Ogden point cafe on the breakwater.** This gives you the opportunity to get in shape for the race and get to know your teammates! If you are interested in signing up please email [Alannah](mailto:Alannah@moveadaptedfitness.com) at moveadaptedfitness@gmail.com

Race day is October 13th 2019.

OPEN HOUSE

In addition to celebrating our new facility, MOVE will be offering free classes for two weeks following the Open house!

Yoga for every ability FREE
Tuesdays June 11th and 18th 2-3

Chair based exercise class FREE
Wednesdays June 12th and 19th 11-12

Come and try a class or two on us!



Dr. Jacqueline Pierce
Physical Medicine,
Rehabilitation and
Electromyography



OUTCOME MEASURES

Outcome measures - Quinn our co-op student will be conducting fitness testing while he is with MOVE for the summer, if you would like to sign up please contact Alannah at moveadaptedfitness@gmail.com to book your test!

MOVE is open later

Starting **June 4th** MOVE will be open **Tuesdays and Thursdays until 6 pm**. This will be a two month trial to see if it is worth making this change permanent. Please utilize this later time if you can, Alannah will be here and ready to help you with your programs!

Holiday closures

MOVE will be closed Monday July 1st



New payment software

MOVE has just launched a program called Glofox, this software will hopefully keep us a bit more organized when it comes to payment etc. If you see Glofox on your credit card statements please note it is MOVE. We will no longer be able to accept debit cards, we will however be able to accept visa debits, any credit cards, cheques and cash. We apologize for any inconvenience this causes you. If you have any comments or concerns as always you can contact Alannah at moveadaptedfitness@gmail.com

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 monthly membership. 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 NEW DAY AND TIME



Starting **May 14th** every **Tuesday from 2 - 3 pm** with the lovely Danielle. In our new studio space. - This class is for anyone and everyone who wants to add some flexibility into their routine. \$10 (non-members) Free (members)

**Class cancelled - June 25th, July 2nd

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 - 12:00 pm.**

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

**Class cancelled - June 26th

Volunteer of the Month



Reina

Field of Study: Psychology (BSc)

Future Plans: I am hoping to attend medical school and become a physician.

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

Your favourite part about volunteering with MOVE? Over the past few months I have truly enjoyed getting to know the members at MOVE. I learn something new every week and I always look forward to my next shift.

Thank you for everything you do Reina!!!

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