

News

As we approach the end of the year we reflect on all the difficult challenges we faced together as a team and we made it through! We thank you for all the continued support and dedication throughout the year, as we look forward to what 2022 has to bring. The way you start the New Year can make a big difference, why not begin with Self-Care? Getting into a routine can improve concentration and energy, it can also increase happiness. Join IWD Self-Care Workshop to discuss why making time for yourself is so important, especially during the winter.

Get unlimited access to all IWD's adaptive exercise classes. Our monthly pass is only \$40. Plus we offer a monthly scholarship for \$20. To sign up for our classes or to learn more about the scholarship, call us at 212-598-6429. We accept checks and money orders. Please mail your payment to: Initiative for Women with Disabilities, 318 East 23rd Street, New York NY 10010. Any questions? Call us at 212-598-6429.



Medicare Open Enrollment ends December 7th. Don't miss your chance to change plans. It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. If you have questions about Medicare and which plan is the right fit for you, call the Department for the Aging's Health Insurance Information, Counseling, and Assistance Program (HIICAP) to speak with a trained expert. HIICAP is a completely free resource to educate Medicare beneficiaries. Call Aging Connect at 212-244-6469 for more information.

Highlights of our Virtual Educational Workshops

Self-Care Workshop

Tuesday, 12/7

11:00 am — 12:00 pm

Presented by: Litsa DeJulio, LCSW

Making time for you is so important, especially during this upcoming season. Join us for this workshop to discuss types of self-care and tips on how to care for yourself.

Positive Psychology: The Science of Happiness

Wednesday, 12/8

10:00 am — 10:45 am

Presented by: Kathryn Malone, LMSW

Positive Psychology posits the idea that all individuals have the ability to increase their positive emotions. During this workshop, we will explore how the cultivation of healthy routines and habits can lead to a more meaningful and engaged life.

Pre-Work Readiness Workshop Series

Friday, 12/3, 12/10, 12/17

11:00 am — 12:00 pm

Presented by: Michele Greene and Barbara Blake

Prepare yourself for work by becoming work ready! Join us to develop your work readiness skills. The goal of the Pre Work Readiness Workshop Series is to help develop soft skills. Soft skills refer to a group of personal qualities that enable someone to interact effectively with other people, personal qualities such as positive attitude, the ability to communicate, to think critically, to organize and plan, to work with a team, and more.



December
2021

A decorative graphic on the right side of the page featuring a pink speech bubble containing the text "December 2021". The graphic is adorned with pink flowers and green leaves on a thin green stem that curves upwards.

IWD Virtual Classes Calendar

December 2021

Adaptive Workout

Monday 11:00 am – 12:00 pm
12/13, 12/20, 12/27
Instructor: Steph Roach

This class is a total body, cardio and strength conditioning workout. With a new workout every week, the classes are designed to push participants harder than they'd push themselves. This class can be done in a seated and/or standing position.

Moving for Life

Tuesday 1:00 pm – 2:00pm
12/7, 12/14, 12/21, 12/28
Instructor: Jyothi Larson

Moving For Life focuses on building balance, coordination, strength, and flexibility through dance, weight bearing and muscle strengthening exercises. A fun, invigorating class beneficial for everyone but especially for those with osteopenia and osteoporosis.

Adaptive Workout

Wednesday 11:00 am – 12:00 pm
12/1, 12/8, 12/15, 12/22, 12/29
Instructor: Steph Roach

This class is a total body, cardio and strength conditioning workout. With a new workout every week, the classes are designed to push participants harder than they'd push themselves. This class can be done in a seated and/or standing position.

Zumba

Wednesday 3:00 pm – 4:00 pm
12/1, 12/8, 12/15, 12/22
Instructor: Emi Asano

Zumba is an easy to follow aerobic dance program inspired by Latin Music. It is a cardio based total body workout combining fast and slow rhythms that tone the body. This class will be adapted to all levels and abilities and can be done in a seated and/or standing position.

Empowerment

Thursday 11:00 am – 11:45 am
12/9, 12/16, 12/30
Led by: Kathryn Malone, LMSW

The program is specifically designed for women 21 to 32 years old who have physical disabilities. Topics addressed in this supportive program relate to independence, employment, and self advocacy.

Chair Pilates

Friday 12:30 pm – 1:30 pm
12/3 & 12/17
Instructor: Gail Accardi

Exercise incorporates techniques to strengthen your core and upper body muscles. Core and arm exercises help build better balance, stability and shoulder mobility. This class will be adapted to all levels and abilities and can be done in a seated and/or standing position.

Strength & Tone

Friday 2:00 pm – 3:00 pm
12/3, 12/10, 12/17
Instructor: Laurie Malen

This class is a combination of strength training and aerobic conditioning. It is designed to improve upper body flexibility and strength; includes boxing weight training and cardio conditioning. This class can be done in a seated and/or standing position.

Virtual Gathering:

Virtual Coffee Break!

Tuesday 3:00 pm – 3:45 pm
12/21
Led by: IWD Staff

Connect with others from your home! Join IWD for a casual conversation meetup with your friends. Share your favorite recipes with us, introduce your pet on camera, or chat about your favorite tv show.

Virtual Gathering:

Virtual Games

Hidden Picture:
Wednesday 1:30pm – 2:15pm
12/15
Answer Battle:
Tuesday 3:00pm – 3:45 pm
12/28
Trivia:
Wednesday 1:00 pm – 1:45 pm
12/8 & 12/29

You are invited to join us for fun, interactive virtual games from the comfort of your own home.
