

March  
2021

## News

As the days get shorter and the weather gets colder, you may begin to experience the winter blues. You are not alone, it's not uncommon to feel more fatigue, difficulty concentrating, and lack of motivation. One very important way to boost your mood is to exercise regularly, getting into a weekly routine can be very beneficial. With our virtual fitness classes we can motivate each other and get through these trying times together.

All of our adaptive fitness classes are modified for all levels and can be done in a seated or standing position.

The monthly fee for exercise classes is \$40, with scholarship the monthly fee is reduced to \$20 this will allow access to an unlimited amount of virtual classes. We are currently accepting check or money order as forms of payment. All payments can be mailed to IWD at: 318 East 23<sup>rd</sup> Street New York, NY 10010. Please contact our office at 212-598-6429 to register or to voice any questions or concerns.

## Highlights of our Virtual Educational Workshops

### Organization Workshop Series

Tuesdays, 3/2, 3/9, 3/16, 3/23 from 11:00 am—2:00 noon

Presented by: Litsa DeJulio, LCSW

Feeling overwhelmed with clutter? Difficulty organizing daily life and home? Join our Organization Workshop Series for support along with tips to manage clutter, organize life, and stress less.

### Writing Workshop Part 1—Introduction

Monday, 3/15 from 2:15 pm—3:15 pm

Presented by: Litsa DeJulio, LCSW

We will explore how to set goals and find time to write. Time will be allowed to write and share our goals.

### Writing Workshop Part 2—The Inner Critic

Monday 3/29 from 2:15 pm—3:15 pm

Presented by: Litsa DeJulio, LCSW

In writing, the "Inner Critic" is the voice that says, "I can't do this," "I'm not good enough." We will discuss ways to help tame the inner critic.

### Advance Care Planning Workshop

Monday 3/22 from 2:15 pm—3:00 pm

Presented by: Litsa DeJulio, LCSW

Life is unpredictable. Advance Care Planning includes choosing someone in your life to make decisions in the event you are unable. Join us to learn more about Advance Care Planning, Health Care Proxy forms and choosing a Health Care Proxy agent.

### EmpoweredNYC Workshop

Tuesday 3/9 from 3:00 pm—4:00 pm

Presented by: William Owh & Crystal Rivera

Do you need to advance your financial stability? Looking to build a stronger financial future for yourself and family? Join our workshop and get tips for an overall better financial well-being.

### Home Safety Workshop:

#### Reducing the Risk for You and Your Loved Ones

Friday 3/26 from 2:00 pm—3:00 pm

Presented by: Brunilda Pagan, MSN BSN RN

Falls put you and loved ones at risk of serious injury. The good news is that most falls can be prevented. Learn how to reduce the risk of falls in order to stay healthy and independent as long as possible.

### Discussion Group:

#### Coping With Isolation

Wednesday, 3/10 & 3/24 from 10:00 am—10:45 am

Presented by: Kathryn Malone, LMSW

Many of us have felt increased isolation as a result of the pandemic. In this discussion group, we will share both the challenges that we have faced as well as strategies to cope.

# IWD Virtual Classes Calendar

## March 2021

---

### Adaptive Boxing

---

Monday 11:00 am – 12:00 pm  
3/1, 3/8, 3/15, 3/22, 3/29  
Instructor: Steph Hammerman

It's time to punch your way into shape. Go at your own pace. Minimal upper body mobility and strength required. This class can be done in a seated and/or standing position.

---

### Moving For Life

---

Tuesday 1:00 pm – 2:00pm  
3/9, 3/16, 3/23, 3/30  
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  
3/3, 3/10, 3/17, 3/24, 3/31  
Instructor: Steph Hammerman

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  
3/10, 3/17, 3/24, 3/31  
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 Group

---

Thursday 11:00 am – 12:00 pm  
3/4, 3/11, 3/18  
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.

---

### Virtual Gathering:

### Virtual Trivia!

---

Thursday 1:00 pm – 1:45 pm  
3/11 – Theme: St. Patrick's Day  
3/25 – Theme: Women's History

You are invited to join us for a fun, interactive virtual event from the comfort of your own home. It's simple to play along, and lots of fun.

---

### Chair Pilates

---

Friday 12:30 pm – 1:30 pm  
3/12 & 3/26  
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.

---

### Virtual Gathering Birthday Celebration!

---

Friday 1:00 pm – 2:00 pm  
3/19  
Led by: IWD Staff

You're Invited! Come celebrate your birthday with us and other IWD participants who have birthdays in the month of March.

---

### Strength & Tone

---

Friday 2:30 pm – 3:30 pm  
3/5, 3/12, 3/19  
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.