

JCC GREATER BOSTON

Fall 2025

Parkinson's Wellness Programs

In-Person & Virtual Exercise Classes

To learn more and register, call 617-558-6459 or email wellness@jccgb.org

Cycle with Josh & Nicole
Research has found that cycling, especially when pedaling at a rate faster than your own voluntary cadence, may allow regions of the brain that deal with movement connect to each other more effectively. Cycle can also offer symptomatic relief for persons with Parkinson's while helping to improve muscle strength, endurance, and core stability. A bike demo is required for all new participants; singing along is welcome. Discover the power of community in this uplifting class taught by a certified Parkinson's Cycling coach. Class meets in our state-of-the-art Cycle Studio.

Mondays, 11-11:45am | September 15-December 15
(12 weeks: no class 9/22 & 10/13) · $216

Basic Tai Chi Movement with Paul & Rosalie
Improve your balance and strength with the flowing movements found in the Tai Chi style from one of China's major centers of Taoist practice, Wudang Mountain. Learn basic techniques to increase physical strength and body control, moving and standing meditation practices, & simple Qigong healing exercises to help energetically invigorate mind, body, and one's life force energy. Taught by certified Tai Chi instructors with decades of martial arts experience. Care partners are welcome to join at no cost.
Class meets both in-person and online; a private Zoom link will be provided prior to the session.

Wednesdays, 12-12:50pm | September 17-December 17
(11 weeks; no class 9/24, 10/1, & 11/26) · $198

Table Tennis with Lev
Led by a table tennis master with over a decade of coaching experience, this high energy and uplifting class includes warm-up exercises to get the mind and body ready, followed by table tennis coordination exercises, instruction, and "friendly" game matches. Table Tennis can help people with Parkinson's improve fine motor skills, cognitive symptoms, overall mood and body awareness/mindfulness. This class is designed for people with good balance, the ability to stand for the majority of time, and some form of athletic experience. No experience is required. Care partners are welcome to join at no cost.

Fridays, 11am-12pm | September 19-December 19
(13 weeks; no class 11/28) · $234

Virtual Support Group

Care Partner Support Group
This biweekly group for care partners is led by clinical social worker who specializes in Parkinson's. Group meetings enhance coping strategies and provide education/resources. Priority is given to care partners who have a family member participating in JCC's Parkinson's exercise & movement classes. A private Zoom link will be provided prior to the session.
Tuesdays (2nd and 4th of each month), 2-3pm
9/9; 10/14; 10/28; 11/15; and 12/9 • $50

To learn more and register, email
wellnessworks@bidmc.harvard.edu.

Leventhal-Sidman JCC • 333 Nahanton Street, Newton • Open to the entire community

Beth Israel Lahey Health
Beth Israel Deaconess Medical Center