

November
2024

When you think of November somethings that come to mind are colder temperatures and Thanksgiving. Thanksgiving is a time meant to bring family and friends together over a big meal to express gratitude and thanks. Join our virtual gratitude journaling workshop to tap into what you are grateful for. If journaling isn't your thing, join us in person at our Thanksgiving gathering where we will be making DIY gratitude jars.

Join our social work intern Noor as he facilitates our virtual financial workshop where he will discuss managing finances and guidance on budgeting. He will also lead our virtual workshop on cognitive games and memory exercises. The perfect way to exercise your brain!

Virtual Workshops and Events

Virtual Workshop: Financial Wellness

Friday, 11/8, 2:00 pm — 3:00 pm
Presented by: Noor Ahmed, SW Intern

Join us for a workshop that focuses on financial wellness. We'll explore what financial wellness is including our we manage finances.

Virtual Gratitude Journaling

Tuesday, 11/12, 2:15 pm — 3:00 pm
Presented by: Jane Pfitsch, LMSW

As the days get darker and colder, it can sometimes be difficult to connect to the aspects of our lives we're grateful for. Join us for a discussion about the benefits of gratitude journaling and a brief practice to get you in the spirit of Thanksgiving.

Virtual Resource Sharing

Friday, 11/15, 11:00 am — 12:00 pm
Presented by: Jane Pfitsch, LMSW & Noor Ahmed, SW Intern

This discussion was so exciting in October, we're bringing it back! Organizations all over New York City offer resources for folks with disabilities - but if you don't know about them, you can't take advantage of them. Join us to talk about beneficial support opportunities as we explore how to become better connected to what our community has to offer. Bring a list of your top three services or organizations as well as navigation tips and tricks to share with the group!

Virtual Workshop: Cognitive Games & Memory Exercises

Friday, 11/15, 2:00 pm — 3:00 pm
Presented by: Noor Ahmed, SW Intern

Join this workshop where we enjoy brain-stimulating activities to support cognitive function and memory retention.

Virtual Group: Mindful Mornings

Friday, 11/1, 11/8, 11/22, 11:00 am — 11:30 am
Presented by: Noor Ahmed, SW Intern

Join us for a discussion on the benefits of mindfulness followed by a mindfulness practice.



Virtual Group: Living the Spoonie Life

Tuesday, 11/5, 11/12, 11/19, 11/26, 11:00 am — 11:45 am

Presented by: Litsa DeJulio, LCSW

Join IWD's Group on Living the Spoonie Life. Spoon Theory is a way to explain how a person with disabilities can have limited energy throughout the day. This group will provide space to support each other, share tips, and express our thoughts and feelings related to Spoonie Living. The group may also include mindful exercises and discussion of self-care.

In-Person Workshops and Events



In-Person Gathering: UNO, UNO Flip, & Bingo

Thursday, 11/14, 1:30 pm—3:30 pm

Location: Loeb Auditorium at NYU Langone Orthopedic Hospital at 301 East 17th Street, Ground Floor

Laughter brings us together. Join us in-person to share lots of laughs as we play some of our favorite classic games.



In-Person Thanksgiving Gathering & DIY Gratitude Jars

Thursday, 11/21, 1:30 pm—3:30 pm

Location: Loeb Auditorium at NYU Langone Orthopedic Hospital at 301 East 17th Street, Ground Floor

What are you thankful for? Join other IWD participants in person to have fun as we make and decorate gratitude jars. We will also share lots of laughs as we play Thanksgiving would you rather.



In-Person Discussion Workshop

Monday, 11/25, 2:30 pm—3:30 pm

Presented by: Litsa DeJulio, LCSW & Noor Ahmed, SW Intern

Location: Loeb Auditorium at NYU Langone Orthopedic Hospital at 301 East 17th Street, Ground Floor

Come and visit us for our monthly IWD In-Person Discussion

Happy Thanksgiving



IWD Virtual Classes Calendar

November 2024

Adaptive Workout

Monday 11:00 am – 12:00 pm
11/4, 11/11, 11/18, 11/25

Wednesday 11:00 am – 12:00 pm
11/6, 11/13, 11/20, 11/27

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.

Move & Groove

Tuesday 1:00 pm – 2:00 pm
11/5, 11/12, 11/19, 11/26

Instructor: Jyothi Larson

Move & Groove is a dynamic fun filled total body workout. We use light weights, dynabands and other props to strengthen, tone, stretch and re-vitalize the entire being. Class can be done sitting or standing.

Strike & Strength

Wednesday 3:00 pm – 4:00 pm
11/6, 11/13, 11/20, 11/27

Instructor: Laurie Malen

Empower your strength and coordination in this adaptive boxing class. Engage in a full-body workout that enhances fitness and boosts confidence, all while staying seated.

Empowerment Program

Thursday 11:00 am – 11:45 am
11/14 & 11/21

(No group 11/7, 11/28)

Led by: Jane Pfitsch, LMSW

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

Seated Yoga

Thursday 3:00 pm – 4:00 pm
11/7, 11/14, 11/21 (No Class 11/28)

Instructor: Angelique Lele

This seated class works to realign the spine, detoxify the body, and build strength, flexibility, and stamina. This 60-minute class can include Sun Salutations, stretching, core strengthening postures, Balancing poses, Back Bending, and some restorative poses.

Zumba

Friday 12:00 pm – 1:00 pm
11/1, 11/8, 11/15, 11/22

(No Class 11/29)

Instructor: Mariette Marino

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. Class can be done sitting or standing.

GEN Y&Z Peer

Support Program

Friday 4:00 pm – 5:00 pm
11/1 & 11/15

Led by: Connie Lam, MS & Steph Roach

This program provides an opportunity for young adults with physical disabilities to engage with peers, build community, and practice socialization skills. The group is facilitated by our staff and is a safe space for creating friendship and community.

Virtual Gathering

Virtual Toss Up Challenge
Tuesday 11/19, 3:30 pm – 4:30 pm

Virtual Hangman
Tuesday 11/26, 3:30 pm – 4:30 pm

ABOUT IWD FITNESS CLASSES

Get unlimited access to all IWD's adaptive exercise classes for \$40. Partial scholarship available for \$20. Full scholarship is available to anyone with financial hardship.

To sign up for our classes or learn more about the scholarship, call us at 212-598-6429. We accept checks and money orders. Please mail your payment to: NYU's Initiative for Women with Disabilities, 318 East 23rd Street, New York, NY 10010.