



## For Immediate Release:

Thursday, January 9, 2025

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## Sid Jacobson JCC Debuts “Get Moving Fridays”

*New Support + Fitness Program for Early-Stage Parkinson’s Community*

**East Hills, N.Y. (Jan. 9, 2025)** – Sid Jacobson JCC is proud to announce the launch of *Get Moving Fridays*, a newly-developed initiative through our Fay J. Lindner Foundation Senior Services Center – Adult Day Programs.

Designed for individuals in the early stages of Parkinson’s disease, this innovative weekly offering blends professionally facilitated support groups with energizing exercise classes to promote overall well-being.

Participants will not only receive support, but engage in boxing, mind, body, and movement, and dance. The dance sessions will be hosted by *Dance Party for Parkinson’s, Inc.*

“This program is our response to a growing community need,” said **Taylor Graf**, Associate Executive Director, Support Services. “Education, exercise, and community connection are critical for navigating Parkinson’s disease. Our new weekly program represents the start of even more comprehensive support for early-stage diagnoses.”

An assessment is mandatory before participation, and advance registration is required.

“We’re excited to continue providing meaningful support for individuals with Parkinson’s,” added **Lindsay Pernick**, Director of Adult Day Programs. “This new program now reflects what our community has been asking for, and we’re proud to make it a reality.”

The cost is \$230 per semester for Sid Jacobson JCC members and \$250 for nonmembers. Each semester includes eight classes, and boxing gloves will not be provided.

Sid Jacobson JCC has long been recognized as a leader in offering care for individuals with neurodegenerative disorders, including Parkinson's, Alzheimer's and dementia, and their care partners. This new initiative builds on our agency's decades-long commitment to offering programs that meet the evolving needs of the community.

To inquire about registration or for more information, please contact **Lindsay Pernick** at [lpernick@sjjcc.org](mailto:lpernick@sjjcc.org) or by phone at 516-484-1545 x. 131.

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#### **About Sid Jacobson JCC**

Sid Jacobson JCC ([sjjcc.org](http://sjjcc.org)) in East Hills provides a full range of cutting-edge recreational, health, fitness, educational, cultural arts, and social service programs. SJJCC promotes Jewish identity and provides a comprehensive program based on Jewish values, traditions, heritage, and culture, and is committed to enriching the lives of all individuals and families in its community. See community differently, "Like" the JCC on Facebook ([facebook.com/sidjacobsonjcc](https://facebook.com/sidjacobsonjcc)).

**Sid Jacobson JCC is a beneficiary agency of the UJA Federation of New York.**