

**HAPPY HOLIDAYS/HAPPY NEW YEAR 2018
FROM PAUL AND SUSANNE CARTER**



THIS PAST YEAR 2018 GRATITUDE

Paul and I are grateful for family and friends. I traveled to NJ often to spend time with my mother who turned 95 in April. She has been having some health issues so it has been time well spent. Paul was busy babysitting grandsons Jonas (L) 3yrs, Keaton (R) 6yrs and their new dog Murphy. Paul helped his brothers with the renovation of the Carter Cabin up north. We are thankful to the Carters for all the time and work spent on this project. The picture on the left is from the cabin over Labor Day and the pumpkin which grew as a “volunteer”. We look forward to Halloween which has become a fun family event and are grateful to our block and neighborhood association who promote these events.

I am grateful to the West Suburban YMCA, Harry and Rose Samson Jewish Community Center and the Wisconsin Parkinson’s Association. These agencies have supported The Parkinson’s Dance Class which helps people with PD through music, movement and dance. I have worked with several colleagues for the past nine years to develop this program across the state of Wisconsin and it is growing.

I am grateful to students enrolled in classes by Carter Productions. SWEATnDANCE uses dance aerobics with strength training. Every Monday night I get to work out with a great group of women. YOGA MIX has been going strong at Alverno College for the past ten years. This year I gave up my personal training practice but still work with a few clients. I am grateful to so many wonderful clients over eleven years for this second career which has impacted my life in such a positive way.

I am grateful to Paul Carter who plays his guitar for my classes and is a constant source of love and support.

FUTURE PLANS The Susanne Diaries, short dance vignettes for the web page and music yoga CD with Paul’s accompaniment, Carter Production Tshirts, Yoga retreat

THANK YOU THANK YOU THANK YOU!

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