

HAPPY NEW YEAR 2019 PAUL & SUSANNE & CARTER PRODUCTIONS



Paul accompanies the warm up for a dance class I am teaching for people with Parkinson's disease. 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.



At the Carter Cabin in the up north woods. Standing on the pier is Jonas (L) 3yrs, Keaton (R) 6yrs and their new dog Murphy. Paul helped his brothers with the renovation of the cabin. We are thankful to the Carters for all the time and work spent on this project. Speaking of family, my mother who turned 95 in April, has been having serious health issues. I am grateful for the many trips since then to see her in NJ.



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.

On a personal note, I gave up my personal training practice. 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 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.

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
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