

MONTH-AT-A-GLANCE • APRIL 2019



Parkinson Awareness Month

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																
1 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30 am FUN FITNESS	2 ★ SPECIAL EVENT “The Dementia Dilemma” Angelo Domingo, Psy.D. Pam Polowski, Dementia Practitioner 9:30am –1pm	3 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	4 9:30am MORNING CAFÉ 10am DANCE FOR PD 11:30am FUN FITNESS	5 11am ROCK STEADY BOXING	8 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30 am FUN FITNESS	9 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am SPECIAL EVENT ★ “Living a More Creative Life with Parkinson’s Disease” Linda Odom - Lunch Provided NO RENEW & RESTORE	10 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	11 9:30am MORNING CAFÉ 10am DANCE FOR PD 11:30am FUN FITNESS	12 11am ROCK STEADY BOXING	15 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30 am FUN FITNESS ★ OFFSITE SPECIAL EVENT Dance for PD at New College 10am-Noon	16 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	17 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am BUFFET LUNCH 12pm ASK-THE-DOCTOR ★ “Cognitive Changes in PD”	18 9:30am MORNING CAFÉ 10am DANCE FOR PD 11:30am FUN FITNESS	19 11am ROCK STEADY BOXING 11am MEMORY CAFE	22 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30 am FUN FITNESS	23 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER 12pm BUFFET LUNCH NO RENEW & RESTORE	24 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS CLUB 11am MUSIC THERAPY	25 9:30am MORNING CAFÉ 10am DANCE FOR PD 11:30am FUN FITNESS	26 11am ROCK STEADY BOXING	29 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30 am FUN FITNESS	30 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	★ “The Dementia Dilemma” April 2- Parkinson Place Auditorium 9:30am - Registration 10am -“Functional Neuroanatomy for Dummies” - Angelo Domingo, Psy.D. 11am—“Surviving Dementia: A Caregiver’s Guide” - Pam Polowski, Certified Dementia Practitioner 12pm -- Buffet Lunch	★ “Dance for Parkinson’s” April 15 - New College of Florida 5800 Bay Shore Road, SRQ, 34243 10am Reception 10:30am-12pm—Program Demonstration with dance students and Parkinson Place members who have participated in 6-week study to determine benefits of dance for Parkinson’s disease. Q&A to follow.	★ “Living a More Creative Life with Parkinson Disease” and “The Role of Art in Healthcare” April 9-Parkinson Place Auditorium 11am—Program—Linda Odom 12pm—Buffet Lunch Encompass Health Rehabilitation Hospital 3-Part Series #1
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