



PARKINSON PLACE - MONTH-AT-A-GLANCE - AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 9:30am MORNING CAFE 10am VOICE POWER Speech & Swallowing Exercises 10am CAREGIVERS CLUB Support for Caregivers 11am MUSIC THERAPY Therapeutic Music Making Utilizing Voice, Memory, Movement & Instruments</p>	<p>2 9:30am MORNING CAFE 10am DANCE FOR PARKINSONS Expressive Movement Chair Exercises to Live Drum Beat 11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>3 NO MORNING CAFE 11am ROCK STEADY BOXING Non-Contact Boxing Inspired Fitness Training</p>
<p>6 9:30am MORNING CAFE 10am GENTLE YOGA Meditative Breathing & Stretching Exercises 11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>7 NO MORNING CAFE 11am PARKINSON POWER Upbeat Motivational Talk 11:45am BUFFET LUNCH 12:30pm RENEW & RESTORE Relaxation, Meditation & Breathing Chair Exercises</p>	<p>8 9:30am MORNING CAFE 10am VOICE POWER Speech & Swallowing Exercises 10am CAREGIVERS CLUB Support for Caregivers 11am MUSIC THERAPY Therapeutic Music Making Utilizing Voice, Memory, Movement & Instruments</p>	<p>9 9:30am MORNING CAFE 10am DANCE FOR PARKINSONS Expressive Movement Chair Exercises to Live Drum Beat 11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>10 NO MORNING CAFE 11am ROCK STEADY BOXING Non-Contact Boxing Inspired Fitness Training</p>
<p>13 9:30am MORNING CAFE 10am GENTLE YOGA Meditative Breathing & Stretching Exercises 11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>14 NO MORNING CAFE 11am PARKINSON POWER Upbeat Motivational Talk 11:45am BUFFET LUNCH 12:30pm RENEW & RESTORE Relaxation, Meditation & Breathing Chair Exercises</p>	<p>15 9:30am MORNING CAFÉ 10am VOICE POWER Speech Exercises 10am CAREGIVERS CLUB Support for Caregivers 11am ASK-THE-DOCTOR 11:15am Lunch Served 12-1pm "Dementia with Lewy Bodies" Juan Sanchez-Ramos, MD</p> <p>NO MUSIC CLASS TODAY</p>	<p>16 9:30am MORNING CAFE 10am DANCE FOR PARKINSONS Expressive Movement Chair Exercises to Live Drum Beat 11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>17 NO MORNING CAFE 11am ROCK STEADY BOXING Non-Contact Boxing Inspired Fitness Training</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditative Breathing & Stretching Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>21 NO MORNING CAFE</p> <p>11am PARKINSON POWER Special Event</p> <p>11:00am BUFET LUNCH</p> <p>11:30am “Solving the Puzzle of Long Term Care”  John T. Griffin, Esq. Elder Care Attorney</p> <p>12:30pm RENEW & RESTORE Relaxation, Meditation & Breathing Chair Exercises</p>	<p>22 9:30am MORNING CAFE</p> <p>10am VOICE POWER Speech & Swallowing Exercises</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making Utilizing Voice, Memory, Movement & Instruments</p>	<p>23 9:30am MORNING CAFE</p> <p>10am DANCE FOR PARKINSONS Expressive Movement Chair Exercises to Live Drum Beat</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>24 NO MORNING CAFE</p> <p>11am ROCK STEADY BOXING Non-Contact Boxing Inspired Fitness Training</p>
<p>27 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditative Breathing & Stretching Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>28 NO MORNING CAFE</p> <p>11am PARKINSON POWER Upbeat Motivational Talk</p> <p>11:45am BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE Relaxation, Meditation & Breathing Chair Exercises</p>	<p>29 9:30am MORNING CAFE</p> <p>10am VOICE POWER Speech & Swallowing Exercises</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making Utilizing Voice, Memory, Movement & Instruments</p>	<p>30 9:30am MORNING CAFE</p> <p>10am DANCE FOR PARKINSONS Expressive Movement Chair Exercises to Live Drum Beat</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>31 NO MORNING CAFE</p> <p>11am ROCK STEADY BOXING Non-Contact Boxing Inspired Fitness Training</p>

All classes are **ability based** and can be performed **standing or sitting** in a chair

RSVP for Parkinson Power, Ask-The-Doctor & Special Event Programs • **941.893.4188** or TGoIn@ParkinsonHope.org



AUGUST 2018 SPECIAL EVENTS



AUGUST 15, 2018 – ASK-THE-DOCTOR - Juan Sanchez-Ramos PhD, MD – Noon-1pm - Talk Topic “Dementia with Lewy Bodies” - Buffet Lunch 11:15am

AUGUST 21, 2018 – “SOLVING THE PUZZLE OF LONG TERM CARE” – John T. Griffin, Elder Care Attorney – Buffet Lunch – 11am – Program – 11:30am-12:30pm