

MONTH-AT-A-GLANCE • AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	2 11am ROCK STEADY BOXING
5 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30am FUN FITNESS 1pm "EMBRACING OUR DIFFERENCES" ART CLASS	6 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER HOUR <i>"Fueling Your Brain with Healthy Fats- Ketogenic Eating and Parkinson's"</i> Beth "Annie" Stockdale, Your Total Body Wellness Center 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	7 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	8 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	9 11am ROCK STEADY BOXING
12 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30am FUN FITNESS 1pm "EMBRACING OUR DIFFERENCES" ART CLASS	13 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER HOUR <i>"Ways to Pay for Care"</i> Wendy Rickenbach-Barclay, Care Patrol 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	14 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB Group Leader, Pam Polowski, CDP 11am MUSIC THERAPY	15 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	16 11am ROCK STEADY BOXING 11am MEMORY CAFE
19 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30am FUN FITNESS 1pm "EMBRACING OUR DIFFERENCES" ART CLASS	20 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER HOUR <i>"Pacing and Energy Conservation: Strategies for Living Life Independently"</i> Margaret Clark, OT, Encompass Health Rehab Hospital 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	21 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB Group Leader, Pam Polowski, CDP 11am MUSIC THERAPY 12:15pm SENIOR BLUEBOOK EVENT <i>"Aging in Place – Resources to Keep You Safe at Home"</i> Lunch Provided	22 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	23 11am ROCK STEADY BOXING
26 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30am FUN FITNESS 1pm "EMBRACING OUR DIFFERENCES" ART CLASS	27 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER HOUR <i>"Speech, Swallowing and Parkinson's Disease"</i> Michelle Meikle, MA, CCC/SLP, Doctors Hospital 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	28 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB Group Leader, Pam Polowski, CDP 11am MUSIC THERAPY	29 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	30 11am ROCK STEADY BOXING

The **60 free programs** offered every month at **Parkinson Place** for patients and caregivers are made possible by generous donations to the **Parkinson Research Foundation**, a 501(c)(3) charitable organization.

To express appreciation with your financial support please contact Lynne Henry at 941-893-4389 or mail your donations to 5969 Cattleridge Blvd., Suite 100, Sarasota, FL 34232.

Join us everyday Monday to Thursday from 9am-4pm and Friday from 9am-3pm or visit us online at ParkinsonPlace.org.

Parkinson Place is here for you! 941-893-4188