
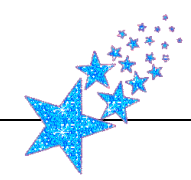




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>11am ROCK STEADY BOXING Non-Contact Fitness</p>
<p>4 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditation & Stretching</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>5 9:30am MORNING CAFÉ</p> <p>10am TONGUE TWISTERS Oral Motor Exercises</p> <p>11am PARKINSON POWER Upbeat Motivational Talk</p> <p>NOON Buffet Lunch</p> <p>12:30 RENEW & RESTORE Calming Chair Exercises</p>	<p>6 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER Speech & Swallowing</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making</p>	<p>7 9:30am MORNING CAFE</p> <p>10am DANCE for PD Expressive Chair Exercises</p> <p>11:30am FUN FITNESS Strength/Balance Exercises</p>	<p>8</p> <p>11am ROCK STEADY BOXING Non-Contact Fitness</p>
<p>11 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditation & Stretching</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>12 9:30am MORNING CAFÉ</p> <p>10am TONGUE TWISTERS Oral Motor Exercises</p> <p>11am VALENTINE'S DAY Party & Pot Luck Lunch</p>  <p>NO RENEW & RESTORE</p>	<p>13 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER Speech & Swallowing</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am ASK-THE-DOCTOR "Dealing with Sleep Disorders" Juan Sanchez-Ramos, MD</p> <p>NO MUSIC THERAPY</p>	 <p>14</p> <p>"A Night at the Rainbow Room" "Iconic Dining, Dancing & Live Entertainment Under the Stars" 4:30pm-7:00pm</p> <p>"The perfect way to celebrate Valentine's Day" Suggested Donation \$25 per person</p> <p>No Scheduled Classes Today</p>	<p>15</p> <p>11am ROCK STEADY BOXING Non-Contact Fitness</p> <p>10am NEW MEMBER ORIENTATION Marilyn Tait & Angelo Domingo, Psy.D</p> <p>11am MEMORY CAFÉ Strategies for Caregivers Dealing with Dementia Angelo Domingo, Psy.D Neuropsychologist</p>

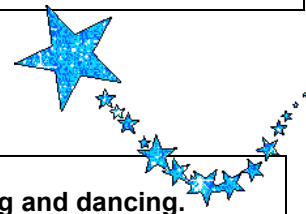
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditation & Stretching</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>19 9:30am MORNING CAFE</p> <p>10am TONGUE TWISTERS Oral Motor Exercises</p> <p>11am PARKINSON POWER Upbeat Motivational Talk</p> <p>NOON Buffet Lunch</p> <p>12:30 RENEW & RESTORE Calming Chair Exercises</p>	<p>20 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER Speech & Swallowing</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making</p>	<p>21 9:30am MORNING CAFE</p> <p>10am DANCE for PD Expressive Chair Exercises</p> <p>11:30am FUN FITNESS Strength/Balance Exercises</p>	<p>22</p> <p>11am ROCK STEADY BOXING Non-Contact Fitness</p>
<p>25 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditation & Stretching</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>26 9:30am MORNING CAFE</p> <p>10am TONGUE TWISTERS Oral Motor Exercises</p> <p>11am PARKINSON POWER Upbeat Motivational Talk</p> <p>NOON Buffet Lunch</p> <p>12:30 RENEW & RESTORE Calming Chair Exercises</p>	<p>27 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER Speech & Swallowing</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making</p>	<p>28 9:30am MORNING CAFE</p> <p>10am DANCE for PD Expressive Chair Exercises</p> <p>11:30am FUN FITNESS Strength/Balance Exercises</p>	



RSVP for Parkinson Power, Ask-The-Doctor & Special Events • 941.893.4188 or SBelesi@ParkinsonHope.org



SPECIAL EVENTS FEBRUARY 2019



FEBRUARY 12 – VALENTINES’S DAY Party & Pot Luck Lunch – 11am-12:30pm - “Love is in the air with hearts, flowers, singing, dining and dancing.

FEBRUARY 13 - ASK-THE-DOCTOR - “Dealing with Sleep Disorders” Juan Sanchez-Ramos PhD, MD - Buffet Lunch: 11:15am – Program: Noon-1pm

FEBRUARY 14 – PARKINSON PLACE FUNDRAISER - “A Night at the Rainbow Room” - Iconic Appetizers, Tapas, Desserts, Dancing and Live Entertainment under the stars. All proceeds to benefit Parkinson Place – Suggested Donation: **\$25 per person** – Visit ParkinsonPlace.org for details