

MONTH-AT-A-GLANCE • FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>More than 60 free classes & programs offered monthly for people living with Parkinson's and their caregivers. All made possible by generous support to the Parkinson Place, a 501 (c)(3) charitable organization.</p> <p>To donate, please contact Lynne Henry at 941-893-4389 or mail your donations to 5969 Cattleridge Blvd., Suite 100, Sarasota, FL 34232.</p> <p>Parkinson Place is here for you! 941-893-4188</p>				
<p>3 9:30am MORNING CAFÉ</p> <p>10am GENTLE YOGA</p> <p>11:15am FUN FITNESS</p> <p>11:15am 1st Session Hydrobike at YMCA</p> <p>12:15pm 2nd Session Hydrobike at YMCA</p> <p>1pm HORSESHOE ART FOR POLO</p>	<p>4 9:30am MORNING CAFÉ</p> <p>10am TONGUE TWISTERS</p> <p>11am PARKINSON POWER HOUR "The Importance of Hydration" Kathleen Hnat, RPH, CPh, Encompass Health Rehab Hospital</p> <p>12pm BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE</p>	<p>5 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER</p> <p>10am CAREGIVERS ONLY CLUB</p> <p>11am MUSIC THERAPY</p> <p>1pm ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p>	<p>6 9:30am MORNING CAFÉ</p> <p>10am DANCE FOR PARKINSON'S</p> <p>11:15am FUN FITNESS</p>	<p>7</p> <p>10am MEN'S PEER GROUP</p> <p>11am ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p> <p>12:15pm ROCK STEADY BOXING UPPER CUT IMMEDIATE GROUP</p> <p>11:15am 1st Session Hydrobike at YMCA</p> <p>12:15pm 2nd Session Hydrobike at YMCA</p>
<p>10 9:30am MORNING CAFÉ</p> <p>10am GENTLE YOGA</p> <p>11:15am FUN FITNESS</p> <p>11:15am 1st Session Hydrobike at YMCA</p> <p>12:15pm 2nd Session Hydrobike at YMCA</p> <p>1pm HORSESHOE ART FOR POLO</p>	<p>11 No Classes Today</p> <p style="font-size: large; color: pink;"><i>Valentine's Day Party</i></p> <p style="font-size: large; color: pink;"><i>2pm - 4pm</i></p>	<p>12 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER</p> <p>10am CAREGIVERS ONLY CLUB Group Leader, Pam Polowski, CDP</p> <p>11am MUSIC THERAPY</p> <p>1pm ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p>	<p>13 9:30am MORNING CAFÉ</p> <p>10am DANCE FOR PARKINSON'S</p> <p>11:15am FUN FITNESS</p>	<p>14 ♥</p> <p>10am WOMEN'S PEER GROUP</p> <p>11am ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p> <p>12:15pm ROCK STEADY BOXING UPPER CUT IMMEDIATE GROUP</p> <p>11:15am 1st Session Hydrobike at YMCA</p> <p>12:15pm 2nd Session Hydrobike at YMCA</p> <p>First Pilot Program Ends</p>
<p>17 9:30am MORNING CAFÉ</p> <p>10am GENTLE YOGA</p> <p>11:15am FUN FITNESS</p> <p>Second Pilot Program Begins</p> <p>11:15am 1st Session Hydrobike at YMCA</p> <p>12:15pm 2nd Session Hydrobike at YMCA</p> <p>1pm HORSESHOE ART FOR POLO</p>	<p>18 9:30am MORNING CAFÉ</p> <p>10am TONGUE TWISTERS</p> <p>11am PARKINSON POWER HOUR "Brain Power Hour"</p> <p>12pm BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE</p>	<p>19 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER</p> <p>10am CAREGIVERS ONLY CLUB Group Leader, Pam Polowski, CDP</p> <p>11am MUSIC THERAPY</p> <p>1pm ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p>	<p>20 9:30am MORNING CAFÉ</p> <p>10am DANCE FOR PARKINSON'S</p> <p>11:15am FUN FITNESS</p>	<p>21</p> <p>10am MEN'S PEER GROUP</p> <p>11am MEMORY CAFE</p> <p>11am ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p> <p>12:15pm ROCK STEADY BOXING UPPER CUT IMMEDIATE GROUP</p> <p>11:15am 1st Session Hydrobike at YMCA</p> <p>12:15pm 2nd Session Hydrobike at YMCA</p>
<p>24 9:30am MORNING CAFÉ</p> <p>10am GENTLE YOGA</p> <p>11:15am FUN FITNESS</p> <p>11:15am 1st Session Hydrobike at YMCA</p> <p>12:15pm 2nd Session Hydrobike at YMCA</p> <p>1pm HORSESHOE ART FOR POLO</p>	<p>25 9:30am MORNING CAFÉ</p> <p>10am TONGUE TWISTERS</p> <p>11am PARKINSON POWER HOUR Senior Blue Book Event "Hearing and Your Health"</p> <p>12pm BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE</p>	<p>26 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER</p> <p>10am CAREGIVERS ONLY CLUB Group Leader, Pam Polowski, CDP</p> <p>11am MUSIC THERAPY</p> <p>1pm ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p>	<p>27 9:30am MORNING CAFÉ</p> <p>10am DANCE FOR PARKINSON'S</p> <p>11:15am FUN FITNESS</p> <p>12:30pm-2pm Aging Well "It's Better to Be "Over the Hill" than Under It!" Presented by Gene H. Ginsberg, MD First of Three Part Series</p>	<p>28</p> <p>10am WOMEN'S PEER GROUP</p> <p>11am ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p> <p>12:15pm ROCK STEADY BOXING UPPER CUT IMMEDIATE GROUP</p> <p>11:15am 1st Session Hydrobike at YMCA</p> <p>12:15pm 2nd Session Hydrobike at YMCA</p>