



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p>  <p>CLOSED FOR HOLIDAY</p>	<p>2 9:30am MORNING CAFÉ 10am VOICE POWER Speech & Swallowing 10am CAREGIVERS CLUB Support for Caregivers 11am PILATES Mat Exercises for Caregivers 11am MUSIC THERAPY Therapeutic Music Making</p>	<p>3 9:30am MORNING CAFE 10am DANCE For PARKINSONS Expressive Chair Exercises 11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>4 11am ROCK STEADY BOXING Non-Contact Fitness</p>
<p>7 9:30am MORNING CAFE 10am GENTLE YOGA Meditation & Stretching 11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>8 EDUCATIONAL CONFERENCE  10:30am-2pm “Tangible Takeaways: Preventing the Progression of Parkinson’s Disease” Jeffery Cameron, MD Encompass Rehab Hospital Pam LaFond, RDN, Clinical Dietician Healthy Cooking Demo RSVP - Lunch Provided</p>	<p>9 9:30am MORNING CAFÉ 10am VOICE POWER Speech & Swallowing 10am CAREGIVERS CLUB Support for Caregivers 11am PILATES Mat Exercises for Caregivers 11am MUSIC THERAPY Therapeutic Music Making</p>	<p>10 9:30am MORNING CAFE 10am DANCE For PARKINSONS Expressive Chair Exercises 11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>11 11am ROCK STEADY BOXING Non-Contact Fitness</p>
<p>14 9:30am MORNING CAFE 10am GENTLE YOGA Meditation & Stretching 11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>15 9:30am MORNING CAFÉ 10am TONGUE TWISTERS Oral Motor Exercises 11am PARKINSON POWER Upbeat Motivational Talk NOON Buffet Lunch 12:30 RENEW & RESTORE Calming Chair Exercises</p>	<p>16 9:30am MORNING CAFÉ 10am VOICE POWER Speech & Swallowing 10am CAREGIVERS CLUB Support for Caregivers 11am ASK-THE-DOCTOR 11:15am Buffet Lunch  NOON “Diagnosis and Treatment of PD” Juan Sanchez-Ramos, MD NO MUSIC THERAPY NO PILATES CLASS</p>	<p>17 9:30am MORNING CAFE 10am DANCE For PARKINSONS Expressive Chair Exercises 11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>18 11am ROCK STEADY BOXING Non-Contact Fitness NEW PROGRAM 11am- 12:30pm MEMORY CAFÉ For Those Caring for a Loved One with Dementia 3rd Friday of Every Month Angelo Domingo, Psy.D Neuropsychologist</p>

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<p>21 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditation & Stretching</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>22 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>23 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER Speech & Swallowing</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am PILATES Mat Exercises for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making</p>	<p>24 9:30am MORNING CAFE</p> <p>10am DANCE For PARKINSONS Expressive Chair Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>25</p> <p>11am ROCK STEADY BOXING Non-Contact Fitness</p>
<p>28 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditation & Stretching</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>29 9:30am MORNING CAFE</p> <p>10am TONGUE TWISTERS Oral Motor Exercises</p> <p>11am PARKINSON POWER Special Presentation ★ "Parkinson's Disease Psychosis" Andrew J. Cutler, MD Acadia Pharmaceuticals</p> <p>NOON Buffet Lunch</p> <p>12:30 RENEW & RESTORE Calming Chair Exercises</p>	<p>30 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER Speech & Swallowing</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am PILATES Mat Exercises for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making</p>	<p>31 9:30am MORNING CAFE</p> <p>10am DANCE For PARKINSONS 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 Reservation@ParkinsonHope.org



SPECIAL EVENTS JANUARY 2019



- JANUARY 8 – EDUCATIONAL CONFERENCE** - “Preventing the Progression of PD” Jeffrey Cameron, MD - 10:30am – 2pm with Lunch Provided
- JANUARY 16 - ASK-THE-DOCTOR** - “Diagnosis & Treatment of PD” Juan Sanchez-Ramos PhD, MD - Buffet Lunch 11:15am – Program Noon-1pm
- JANUARY 29 – SPECIAL PRESENTATION** - “PD Psychosis” Andrew Cutler, MD - Program 11am-Noon with lunch to follow