


# MONTH-AT-A-GLANCE • JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>More than <b>60 free classes &amp; programs</b> offered monthly for people living with Parkinson's and their caregivers. All made possible by generous support to the <b>Parkinson Place</b>, a 501 (c)(3) charitable organization.</p> <p><b>To donate</b>, please contact Lynne Henry at 941-893-4389 or mail your donations to 5969 Cattleridge Blvd., Suite 100, Sarasota, FL 34232.</p> <p><b>Parkinson Place is here for you! 941-893-4188</b></p>	<p style="color: #e67e22; font-size: 1.2em;">Closed for the Holiday</p> <p style="color: #e67e22; font-size: 1.2em;">Open Thursday, January 2nd</p>		<p><b>2</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>DANCE FOR PARKINSON'S</b></p> <p>11:30am <b>FUN FITNESS</b></p>	<p><b>3</b></p> <p>10am <b>MEN'S PEER GROUP</b></p> <p>11am <b>ROCK STEADY BOXING KNOCK OUT GROUP</b></p> <p>12:15pm <b>ROCK STEADY BOXING UPPER CUT GROUP</b></p>
<p><b>6</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>GENTLE YOGA</b></p> <p>11:30am <b>FUN FITNESS</b></p>	<p><b>7</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>TONGUE TWISTERS</b></p> <p>11am <b>PARKINSON POWER HOUR</b> "The House Doctor Returns" Dr. Suzanna Vass, ER2YOU</p> <p>12pm <b>BUFFET LUNCH</b></p> <p>12:30pm <b>RENEW &amp; RESTORE</b></p>	<p><b>8</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>VOICE POWER</b></p> <p>10am <b>CAREGIVERS ONLY CLUB</b> Group Leader, Pam Polowski, CDP</p> <p>11am <b>MUSIC THERAPY</b></p>	<p><b>9</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>DANCE FOR PARKINSON'S</b></p> <p>11:30am <b>FUN FITNESS</b></p>	<p><b>10</b></p> <p>10am <b>WOMEN'S PEER GROUP</b></p> <p>11am <b>ROCK STEADY BOXING KNOCK OUT GROUP</b></p> <p>12:15pm <b>ROCK STEADY BOXING UPPER CUT GROUP</b></p>
<p><b>13</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>GENTLE YOGA</b></p> <p>11:30am <b>FUN FITNESS</b></p>	<p><b>14</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>TONGUE TWISTERS</b></p> <p>11am <b>PARKINSON POWER HOUR</b> "Embracing Our Differences Painting Revealed" Parkinson Place Members</p> <p>12pm <b>BUFFET LUNCH</b></p> <p>12:30pm <b>RENEW &amp; RESTORE</b></p>	<p><b>15</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>VOICE POWER</b></p> <p>10am <b>CAREGIVERS ONLY CLUB</b> Group Leader, Pam Polowski, CDP</p> <p>11am <b>MUSIC THERAPY</b></p> <p>12:15pm <b>Senior BlueBook Event</b> "Leaving Your Legacy" Lunch Provided</p>	<p><b>16</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>DANCE FOR PARKINSON'S</b></p> <p>11:30am <b>FUN FITNESS</b></p>	<p><b>17</b></p> <p>11am <b>MEMORY CAFE</b></p> <p>11am <b>ROCK STEADY BOXING KNOCK OUT GROUP</b></p> <p>12:15pm <b>ROCK STEADY BOXING UPPER CUT GROUP</b></p>
<p><b>20</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>GENTLE YOGA</b></p> <p>11:30am <b>FUN FITNESS</b></p> <p>11:15am <b>1st Session Hydrobike at YMCA</b></p> <p>12:15pm <b>2nd Session Hydrobike at YMCA</b></p>	<p><b>21</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>TONGUE TWISTERS</b></p> <p>11am <b>PARKINSON POWER HOUR</b> "Understanding Lewy Bodies Disease &amp; Other Cognitive Concerns" Q&amp;A Cheryl Brandi, Roskamp Institute</p> <p>12pm <b>BUFFET LUNCH</b></p> <p>12:30pm <b>RENEW &amp; RESTORE</b></p>	<p><b>22</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>VOICE POWER</b></p> <p>10am <b>CAREGIVERS ONLY CLUB</b></p> <p>11am <b>MUSIC THERAPY</b></p>	<p><b>23</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>DANCE FOR PARKINSON'S</b></p> <p>11:30am <b>FUN FITNESS</b></p> <p>4-5:30pm <b>Piano Recital Benefitting Parkinson Place</b> Gene Ginsberg, MD</p>	<p><b>24</b></p> <p>11am <b>ROCK STEADY BOXING KNOCK OUT GROUP</b></p> <p>12:15pm <b>ROCK STEADY BOXING UPPER CUT GROUP</b></p> <p>11:15am <b>1st Session Hydrobike at YMCA</b></p> <p>12:15pm <b>2nd Session Hydrobike at YMCA</b></p>
<p><b>27</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>GENTLE YOGA</b></p> <p>11:30am <b>FUN FITNESS</b></p> <p>11:15am <b>1st Session Hydrobike at YMCA</b></p> <p>12:15pm <b>2nd Session Hydrobike at YMCA</b></p>	<p><b>28</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>TONGUE TWISTERS</b></p> <p>11am <b>PARKINSON POWER HOUR</b> "Fraud Watch: Keeping You Safe from Scams" AARP</p> <p>12pm <b>BUFFET LUNCH</b></p> <p>12:30pm <b>RENEW &amp; RESTORE</b></p>	<p><b>29</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>VOICE POWER</b></p> <p>10am <b>CAREGIVERS ONLY CLUB</b></p> <p>11am <b>MUSIC THERAPY</b></p>	<p><b>30</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>DANCE FOR PARKINSON'S</b></p> <p>11:30am <b>FUN FITNESS</b></p>	<p><b>31</b></p> <p>11am <b>ROCK STEADY BOXING KNOCK OUT GROUP</b></p> <p>12:15pm <b>ROCK STEADY BOXING UPPER CUT GROUP</b></p> <p>11:15am <b>1st Session Hydrobike at YMCA</b></p> <p>12:15pm <b>2nd Session Hydrobike at YMCA</b></p>