



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditative Breathing & Stretching Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>3</p>  <p>11am FOURTH OF JULY PARTY & POT LUCK LUNCH</p> <p>12:30pm NO RENEW & RESTORE TODAY</p>	<p>4</p>  <p>CLOSED FOR HOLIDAY</p>	<p>5 9:30am MORNING CAFE</p> <p>10am NO DANCE FOR PARKINSONS</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>6 NO MORNING CAFE</p> <p>11am ROCK STEADY BOXING Non-Contact Boxing Inspired Fitness Training</p>
<p>9 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditative Breathing & Stretching Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>10 NO MORNING CAFE</p> <p>11am PARKINSON POWER Upbeat Motivational Talk</p> <p>11:45am BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE Relaxation, Meditation & Breathing Chair Exercises</p>	<p>11 9:30am MORNING CAFE</p> <p>10am VOICE POWER Speech & Swallowing Exercises</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making Utilizing Voice, Memory, Movement & Instruments</p>	<p>12 9:30am MORNING CAFE</p> <p>10am DANCE FOR PARKINSONS Expressive Movement Chair Exercises to Live Drum Beat</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>13 NO MORNING CAFE</p> <p>11am ROCK STEADY BOXING Non-Contact Boxing Inspired Fitness Training</p>
<p>16 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditative Breathing & Stretching Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>17 NO MORNING CAFE</p> <p>11am PARKINSON POWER Upbeat Motivational Talk</p> <p>11:45am BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE Relaxation, Meditation & Breathing Chair Exercises</p>	<p>18 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER Speech & Swallowing Exercises</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making Utilizing Voice, Memory, Movement & Instruments</p>	<p>19 9:30am MORNING CAFE</p> <p>10am DANCE FOR PARKINSONS Expressive Movement Chair Exercises to Live Drum Beat</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>20 NO MORNING CAFE</p> <p>11am ROCK STEADY BOXING Non-Contact Boxing Inspired Fitness Training</p> 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditative Breathing & Stretching Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>24 NO MORNING CAFE</p> <p>11am PARKINSON POWER Upbeat Motivational Talk</p> <p>11:45am BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE Relaxation, Meditation & Breathing Chair Exercises</p>	<p>25 9:30am MORNING CAFE</p> <p>10am VOICE POWER Speech & Swallowing Exercises</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making Utilizing Voice, Memory, Movement & Instruments</p>	<p>26 9:30am MORNING CAFE</p> <p>10am DANCE FOR PARKINSONS Expressive Movement Chair Exercises to Live Drum Beat</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>27 NO MORNING CAFE</p> <p>11am ROCK STEADY BOXING Non-Contact Boxing Inspired Fitness Training</p>
<p>30 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditative Breathing & Stretching Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>31 NO MORNING CAFE</p> <p>11am PARKINSON POWER Upbeat Motivational Talk</p> <p>11:45am BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE Relaxation, Meditation & Breathing Chair Exercises</p>			

All classes are ability based and can be performed **standing or sitting** in a chair

RSVP for Parkinson Power, Ask-The-Doctor & Special Event Programs • 941.893.4188 or TGoin@ParkinsonHope.org



JULY 2018 SPECIAL EVENTS



JULY 3, 2018 – FOURTH OF JULY PARTY & POT LUCK LUNCH – 11am-12:30pm – Please sign up with Toni to bring your favorite dish to share.

