



MONTH-AT-A-GLANCE • JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30 am FUN FITNESS 1pm “EMBRACING OUR DIFFERENCES” ART CLASS WITH PROFESSOR JEFFREY CORNWALL, RINGLING COLLEGE OF ART	2 11am-1pm PATRIOTIC PARTY & POT LUCK LUNCH 	3 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	4  NO CLASSES TODAY	5 11am ROCK STEADY BOXING
8 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30 am FUN FITNESS 1pm “EMBRACING OUR DIFFERENCES” FOLLOW UP ART CLASS	9 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	10 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	11 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	12 11am ROCK STEADY BOXING
15 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30 am FUN FITNESS 1pm “EMBRACING OUR DIFFERENCES” FOLLOW UP ART CLASS	16 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	17 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	18 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	19 11am ROCK STEADY BOXING 11am MEMORY CAFE
22 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30 am FUN FITNESS 1pm “EMBRACING OUR DIFFERENCES” FOLLOW UP ART CLASS	23 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	24 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	25 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	26 11am ROCK STEADY BOXING
29 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30 am FUN FITNESS 1pm “EMBRACING OUR DIFFERENCES” FOLLOW UP ART CLASS	30 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	31 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY		

The **60 free programs** offered every month at **Parkinson Place** for patients and caregivers are made possible by generous donations to the **Parkinson Research Foundation**, a 501(c)(3) charitable organization.

To express appreciation with your financial support please contact Lynne Henry at 941-893-4389 or mail your donations to 5969 Cattleridge Blvd., Suite 100, Sarasota, FL 34232.

Join us everyday Monday to Thursday from 9am-4pm and Friday from 9am-3pm or visit us online at ParkinsonPlace.org.

Parkinson Place is here for you! 941-893-4188