

## MONTH-AT-A-GLANCE • JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>GENTLE YOGA</b> 11:30 am <b>FUN FITNESS</b>	<b>4</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>TONGUE TWISTERS</b> 11am <b>PARKINSON POWER</b> 12pm <b>BUFFET LUNCH</b> 12:30pm <b>RENEW &amp; RESTORE</b>	<b>5</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>VOICE POWER</b> 10am <b>CAREGIVERS ONLY CLUB</b> 11am <b>MUSIC THERAPY</b>	<b>6</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>DANCE FOR PARKINSON 'S</b> 11:30am <b>FUN FITNESS</b>	<b>7</b> 11am <b>ROCK STEADY BOXING</b>
<b>10</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>GENTLE YOGA</b> 11:30 am <b>FUN FITNESS</b>	<b>11</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>TONGUE TWISTERS</b> 11am <b>SPECIAL EVENT</b> ★ "Medications: Myth vs Fact" Kathleen Hnat, RPh, CPh 12pm <b>BUFFET LUNCH</b> 12:30pm <b>RENEW &amp; RESTORE</b>	<b>12</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>VOICE POWER</b> 10am <b>CAREGIVERS ONLY CLUB</b> 11am <b>MUSIC THERAPY</b>	<b>13</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>DANCE FOR PARKINSON'S</b> 11:30am <b>FUN FITNESS</b>	<b>14</b> 11am <b>ROCK STEADY BOXING</b>
<b>17</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>GENTLE YOGA</b> 11:30 am <b>FUN FITNESS</b>	<b>18</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>TONGUE TWISTERS</b> 11am <b>PARKINSON POWER</b> 12pm <b>BUFFET LUNCH</b> 12:30pm <b>RENEW &amp; RESTORE</b>	<b>19</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>VOICE POWER</b> 10am <b>CAREGIVERS ONLY CLUB</b> 11am <b>BUFFET LUNCH</b> 12pm <b>ASK-THE-DOCTOR</b> ★ "Dealing with Speech and Swallowing Problems"	<b>20</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>DANCE FOR PARKINSON'S</b> 11:30am <b>FUN FITNESS</b>	<b>21</b> 11am <b>ROCK STEADY BOXING</b> 11am <b>MEMORY CAFE</b>
<b>24</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>GENTLE YOGA</b> 11:30 am <b>FUN FITNESS</b>	<b>25</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>TONGUE TWISTERS</b> 11am <b>PARKINSON POWER</b> 12pm <b>BUFFET LUNCH</b> 12:30pm <b>RENEW &amp; RESTORE</b>	<b>26</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>VOICE POWER</b> 10am <b>CAREGIVERS ONLY CLUB</b> 11am <b>MUSIC THERAPY</b>	<b>27</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>DANCE FOR PARKINSON'S</b> 11:30am <b>FUN FITNESS</b>	<b>28</b> 11am <b>ROCK STEADY BOXING</b>

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](http://ParkinsonPlace.org).

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