



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| | | | | <p>1</p> <p>11am ROCK STEADY BOXING Non-Contact Fitness</p> |
| <p>4 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditation & Stretching</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p> | <p>5 ★ EDUCATIONAL CONFERENCE</p> <p>9:30am Registration</p> <p>10am- Rehabilitation & PD</p> <p>11am-Stem Cell: Fact or Fiction</p> <p>11:45am-Complimentary Lunch</p> <p>12:15pm-Specialty Care for Hospitalized PD Patients</p> <p>NO other programs today</p> | <p>6 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER Speech & Swallowing</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making</p> | <p>7 9:30am MORNING CAFE</p> <p>10am DANCE for PD Expressive Chair Exercises</p> <p>11:30am FUN FITNESS Strength/Balance Exercises</p> | <p>8</p> <p>11am ROCK STEADY BOXING Non-Contact Fitness</p> |
| <p>11 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditation & Stretching</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p> | <p>12 9:30am MORNING CAFÉ</p> <p>10am TONGUE TWISTERS Oral Motor Exercises</p> <p>11am ST. PATRICK'S DAY Party & Pot Luck Lunch</p> <p></p> <p>NO RENEW & RESTORE</p> | <p>13 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER Speech & Swallowing</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am ASK-THE-DOCTOR 11:15am Buffet Lunch "Up & Coming Parkinson Medications" Juan Sanchez-Ramos, MD</p> <p>NO MUSIC THERAPY</p> | <p>14 9:30am MORNING CAFE</p> <p>10am DANCE for PD Expressive Chair Exercises</p> <p>11:30am FUN FITNESS Strength/Balance Exercises</p> | <p>15</p> <p>10am NEW MEMBER ORIENTATION</p> <p>11am ROCK STEADY BOXING Non-Contact Fitness</p> <p>★ 11am MEMORY CAFÉ Strategies for Caregivers Dealing with Dementia Angelo Domingo, Psy.D Neuropsychologist</p> |

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|--|---|--|--|--|
| 18 9:30am MORNING CAFE 10am GENTLE YOGA Meditation & Stretching ★ 11:30am FUN FITNESS Strength & Balance Exercises | 19 9:30am MORNING CAFE 10am TONGUE TWISTERS Oral Motor Exercises 11am “Over the Hill-Aging Well Series” Part One Gene Ginsberg, MD NOON Buffet Lunch NO RENEW & RESTORE | 20 9:30am MORNING CAFÉ 10am VOICE POWER Speech & Swallowing 10am CAREGIVERS CLUB Support for Caregivers 11am MUSIC THERAPY Therapeutic Music Making | 21 9:30am MORNING CAFE 10am DANCE for PD Expressive Chair Exercises 11:30am FUN FITNESS Strength/Balance Exercises | 22 11am ROCK STEADY BOXING Non-Contact Fitness |
| 25 9:30am MORNING CAFE 10am GENTLE YOGA Meditation & Stretching 11:30am FUN FITNESS Strength & Balance Exercises | 26 9:30am MORNING CAFE 10am TONGUE TWISTERS Oral Motor Exercises ★ 11am “Over the Hill-Aging Well Series” Part Two Gene Ginsberg, MD NOON Buffet Lunch NO RENEW & RESTORE | 27 9:30am MORNING CAFÉ 10am VOICE POWER Speech & Swallowing 10am CAREGIVERS CLUB Support for Caregivers 11am MUSIC THERAPY Therapeutic Music Making | 28 9:30am MORNING CAFE 10am DANCE for PD Expressive Chair Exercises 11:30am FUN FITNESS Strength/Balance Exercises | 29 11am ROCK STEADY BOXING Non-Contact Fitness |
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RSVP for Parkinson Power, Ask-The-Doctor & Special Events • 941.893.4188 x106 or SBelesi@ParkinsonHope.org

★ SPECIAL EVENTS MARCH 2019 ★



MARCH 5 – EDUCATIONAL CONFERENCE – 9:30am-2:00pm - “Rehabilitation and Parkinson’s Disease” Alexander J. Bajorek, MD; “Stem Cell Therapy: Fact or Fiction” James M Schumacher, MD; “Special Health Considerations for the Hospitalized Parkinson Patient” Nicole McClain, RN, MSN

MARCH 12 – ST. PATRICK’S PARTY & POT LUCK LUNCH – 11am-1pm – Get out the green! Come and bring your favorite dish to share.

MARCH 13 - ASK-THE-DOCTOR - “Up & Coming Parkinson Medications” Juan Sanchez-Ramos PhD, MD - Buffet Lunch: 11:15am – Program: Noon-1pm

MARCH 19 – “OVER THE HILL-AGING WELL SERIES” - PART ONE - Gene Ginsberg, MD – 11am-1pm with Buffet Lunch

MARCH 26 – “OVER THE HILL-AGING WELL SERIES” - PART TWO - Gene Ginsberg, MD – 11am-1pm with Buffet Lunch