




MONTH-AT-A-GLANCE • MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:30am MORNING CAFÉ</p> <p>10am GENTLE YOGA</p> <p>11:15am FUN FITNESS</p> <p>11:15am 1st Session Hydrobike at Save Our Y</p> <p>12:15pm 2nd Session Hydrobike at Save Our Y</p>	<p>3 9:30am MORNING CAFÉ</p> <p>10am TONGUE TWISTERS</p> <p>11am PARKINSON POWER HOUR "Pedaling for Parkinson's " Demonstration</p> <p>12pm BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE</p>	<p>4 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER</p> <p>10am CAREGIVERS ONLY CLUB</p> <p>11am MUSIC THERAPY</p> <p>1pm ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p>	<p>5 9:30am MORNING CAFÉ</p> <p>10am DANCE FOR PARKINSON'S</p> <p>11:15am FUN FITNESS</p> <p>12:30-2pm AGING WELL "It's Better to be "Over the Hill" than Under it!" Presented by Gene H. Ginsberg, MD Second of Three Part Series</p>	<p>6</p> <p>10am "GET IT OUT!" MEN PEER GROUP</p> <p>11am ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p> <p>12:15pm ROCK STEADY BOXING UPPER CUT INTERMEDIATE GROUP</p> <p>11:15am 1st Session Hydrobike at Save Our Y</p> <p>12:15pm 2nd Session Hydrobike at Save Our Y</p>
<p>9 9:30am MORNING CAFÉ</p> <p>10am GENTLE YOGA</p> <p>11:15am FUN FITNESS</p> <p>11:15am 1st Session Hydrobike at Save Our Y</p> <p>12:15pm 2nd Session Hydrobike at Save Our Y</p>	<p>10 9:30am MORNING CAFÉ</p> <p>9am PEDALING WITH PARKINSON'S</p> <p>10am TONGUE TWISTERS</p> <p>11am PARKINSON POWER HOUR "Brain 101: Understanding Your Loved Ones Behavior" Angelo S. Domingo, PsyD</p> <p>12pm BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE</p>	<p>11 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER</p> <p>10am CAREGIVERS ONLY CLUB Group Leader, Pam Polowski, CDP</p> <p>11am MUSIC THERAPY</p> <p>1pm ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p>	<p>12 9:30am MORNING CAFÉ</p> <p>10am DANCE FOR PARKINSON'S</p> <p>11:15am FUN FITNESS</p> <p>12:30-2pm AGING WELL "It's Better to be "Over the Hill" than Under it!" Presented by Gene H. Ginsberg, MD Third of Three Part Series</p>	<p>13</p> <p>10am "GET IT OUT!" WOMEN PEER GROUP</p> <p>11am ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p> <p>12:15pm ROCK STEADY BOXING UPPER CUT INTERMEDIATE GROUP</p> <p>11:15am 1st Session Hydrobike at Save Our Y</p> <p>12:15pm 2nd Session Hydrobike at Save Our Y</p>
<p>16 9:30am MORNING CAFÉ</p> <p>10am GENTLE YOGA</p> <p>11:15am FUN FITNESS</p>	<p>17 No Classes Today </p> <p> <i>St. Patrick's Day Party</i> with <i>Violinist, Laurie Oodnoy-Wright</i> 11am-1pm</p>	<p>18 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER</p> <p>10am CAREGIVERS ONLY CLUB Group Leader, Pam Polowski, CDP</p> <p>11am MUSIC THERAPY</p> <p>1pm ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p>	<p>19 9:30am MORNING CAFÉ</p> <p>10am DANCE FOR PARKINSON'S</p> <p>11:15am FUN FITNESS</p> <p style="text-align: center;">First Day of Spring </p>	<p>20</p> <p>10am 'GET IT OUT!' MEN PEER GROUP</p> <p>11am ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p> <p>11am MEMORY CAFE</p> <p>12:15pm ROCK STEADY BOXING UPPER CUT INTERMEDIATE GROUP</p>
<p>23 9:30am MORNING CAFÉ</p> <p>10am GENTLE YOGA</p> <p>11:15am FUN FITNESS</p>	<p>24 9:30am MORNING CAFÉ</p> <p>9am PEDALING WITH PARKINSON'S</p> <p>10am TONGUE TWISTERS</p> <p>11am PARKINSON POWER HOUR Senior Blue Book Event "Calming Foods"</p> <p>12pm BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE</p>	<p>25 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER</p> <p>10am CAREGIVERS ONLY CLUB Group Leader, Pam Polowski, CDP</p> <p>11am MUSIC THERAPY</p> <p>1pm ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p>	<p>26 9:30am MORNING CAFÉ</p> <p>10am DANCE FOR PARKINSON'S</p> <p>11:15am FUN FITNESS</p>	<p>27</p> <p>10am "GET IT OUT!" WOMEN PEER GROUP</p> <p>11am ROCK STEADY BOXING KNOCK OUT ADVANCED GROUP</p> <p>12:15pm ROCK STEADY BOXING UPPER CUT INTERMEDIATE GROUP</p>
<p>30 9:30am MORNING CAFÉ</p> <p>10am GENTLE YOGA</p> <p>11:15am FUN FITNESS</p>	<p>31 9:30am MORNING CAFÉ</p> <p>9am PEDALING WITH PARKINSON'S</p> <p>10am TONGUE TWISTERS</p> <p>11am PARKINSON POWER HOUR "Brain Power Hour" Music Trivia</p> <p>12pm BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE</p>	<p>More than 60 free classes & programs offered monthly for people living with Parkinson's and their caregivers. All made possible by generous support to the Parkinson Place, a 501 (c)(3) charitable organization.</p> <p>To donate, please contact Lynne Henry at 941-893-4389 or mail your donations to 5969 Cattleridge Blvd., Suite 100, Sarasota, FL 34232.</p> <p>Parkinson Place is here for you! 941-893-4188</p>		