


MONTH-AT-A-GLANCE • MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	2 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON 'S 11:30am FUN FITNESS	3 11am ROCK STEADY BOXING
6 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30 am FUN FITNESS	7 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am ★ SPECIAL EVENT "The Benefits of Exercise for PD" Margaret Clark, Occupational Therapist 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	8 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	9 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	10 11am ROCK STEADY BOXING
13 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30 am NO FUN FITNESS	14 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am ★ SPECIAL EVENT "Solving the Puzzle of Long-Term Care" - John Griffin, Esq. 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	15 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am BUFFET LUNCH 12pm ★ ASK-THE-DOCTOR "Apathy, Depression, Anxiety, Obsessions & Compulsions"	16 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	17 11am ROCK STEADY BOXING 11am MEMORY CAFE
20 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30 am FUN FITNESS	21 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	22 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	23 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	24 11am ROCK STEADY BOXING
27 <div style="text-align: center;">  MEMORIAL DAY CLOSED FOR HOLIDAY </div>	28 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	29 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	30 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	31 11am ROCK STEADY BOXING

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