







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b> 9:30am <b>MORNING CAFE</b></p> <p>10am <b>DANCE For PARKINSONS</b> Expressive Chair Exercises</p> <p>11:30am <b>FUN FITNESS</b> Strength &amp; Balance Exercises</p>	<p><b>2</b></p> <p>11am <b>ROCK STEADY BOXING</b> Non-Contact Fitness</p>
<p><b>5</b> 9:30am <b>MORNING CAFE</b></p> <p>10am <b>GENTLE YOGA</b> Meditation &amp; Stretching</p> <p>11:30am <b>FUN FITNESS</b> Strength &amp; Balance Exercises</p>	<p><b>6</b> 9:30am <b>MORNING CAFE</b></p> <p>10am <b>TONGUE TWISTERS</b> Oral Motor Exercises</p> <p>11am <b>PARKINSON POWER</b> Upbeat Motivational Talk</p> <p>NOON <b>Buffet Lunch</b></p> <p>12:30 <b>RENEW &amp; RESTORE</b> Calming Chair Exercises</p>	<p><b>7</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>VOICE POWER</b> Speech &amp; Swallowing</p> <p>10am <b>CAREGIVERS CLUB</b> Support for Caregivers</p> <p>11am <b>MUSIC THERAPY</b> Therapeutic Music Making</p>	<p><b>8</b> 9:30am <b>MORNING CAFE</b></p> <p>10am <b>DANCE For PARKINSONS</b> Expressive Chair Exercises</p> <p>11:30am <b>FUN FITNESS</b> Strength &amp; Balance Exercises</p>	<p><b>9</b></p> <p><b>NO</b> <b>ROCK STEADY BOXING</b></p> <p><b>LSVT BIG TRAINING</b> 8am-5pm</p>
<p><b>12</b> 9:30am <b>MORNING CAFE</b></p> <p>10am <b>GENTLE YOGA</b> Meditation &amp; Stretching</p> <p>11:30am <b>FUN FITNESS</b> Strength &amp; Balance Exercises</p>	<p><b>13</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>TONGUE TWISTERS</b> Oral Motor Exercises</p> <p>11am <b>PARKINSON POWER</b></p> <p>★ “Adaptive Equipment for Parkinson Patients” Margaret Clark, OT</p> <p>NOON <b>Buffet Lunch</b></p> <p>12:30 <b>RENEW &amp; RESTORE</b> Calming Chair Exercises</p>	<p><b>14</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>VOICE POWER</b> Speech &amp; Swallowing</p> <p>10am <b>CAREGIVERS CLUB</b> Support for Caregivers</p> <p>11am <b>ASK-THE-DOCTOR</b> ★</p> <p>11:15am <b>Buffet Lunch</b></p> <p>NOON “Environmental Factors with PD” Juan Sanchez-Ramos, MD</p> <p><b>NO</b> <b>MUSIC THERAPY</b></p>	<p><b>15</b> 9:30am <b>MORNING CAFE</b></p> <p>10am <b>DANCE For PARKINSONS</b> Expressive Chair Exercises</p> <p>11:30am <b>FUN FITNESS</b> Strength &amp; Balance Exercises</p>	<p><b>16</b></p> <p>11am <b>ROCK STEADY BOXING</b> Non-Contact Fitness</p> 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>19</b> 9:30am <b>MORNING CAFE</b> 10am <b>GENTLE YOGA</b> Meditation & Stretching 11:30am <b>FUN FITNESS</b> Strength & Balance Exercises	<b>20</b> 9:30am <b>MORNING CAFE</b> 10am <b>TONGUE TWISTERS</b> Oral Motor Exercises  ★ 11am <b>THANKSGIVING</b> Party & Pot Luck Lunch <b>NO RENEW &amp; RESTORE</b>	<b>21</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>VOICE POWER</b> Speech & Swallowing 10am <b>CAREGIVERS CLUB</b> Support for Caregivers 11am <b>MUSIC THERAPY</b> Therapeutic Music Making	<b>22</b>  <b>CLOSED FOR HOLIDAY</b>	<b>23</b>  <b>CLOSED FOR HOLIDAY</b>
<b>26</b> 9:30am <b>MORNING CAFE</b> 10am <b>GENTLE YOGA</b> Meditation & Stretching 11:30am <b>FUN FITNESS</b> Strength & Balance Exercises	<b>27</b> 9:30am <b>MORNING CAFE</b> 10am <b>TONGUE TWISTERS</b> Oral Motor Exercises 11am <b>PARKINSON POWER</b> Upbeat Motivational Talk NOON <b>Buffet Lunch</b> 12:30 <b>RENEW &amp; RESTORE</b> Calming Chair Exercises	<b>28</b> 9:30am <b>MORNING CAFÉ</b> 10am <b>VOICE POWER</b> Speech & Swallowing 10am <b>CAREGIVERS CLUB</b> Support for Caregivers 11am <b>MUSIC THERAPY</b> Therapeutic Music Making	<b>29</b> 9:30am <b>MORNING CAFE</b> 10am <b>DANCE For PARKINSONS</b> Expressive Chair Exercises 11:30am <b>FUN FITNESS</b> Strength & Balance Exercises	<b>30</b> 11am <b>ROCK STEADY BOXING</b> Non-Contact Fitness

RSVP for Parkinson Power, Ask-The-Doctor & Special Events • 941.893.4188 or [Reservation@ParkinsonHope.org](mailto:Reservation@ParkinsonHope.org)

★ SPECIAL EVENTS NOVEMBER 201 ★

- NOVEMBER 13** – “Adaptable Equipment for Parkinson Patients” – Margaret Clark, OT, Encompass Rehabilitation Hospital – 11am - Noon – Lunch to follow
- NOVEMBER 14** - ASK-THE-DOCTOR - “Environmental Factors with PD” Juan Sanchez-Ramos PhD, MD Buffet Lunch at 11:15am – Program Noon-1pm
- NOVEMBER 20** – THANKSGIVING Party & Pot Luck Lunch – 11am-1pm – Come and bring your favorite dish