





MONTH-AT-A-GLANCE • NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p> <p>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.</p> <p>Join us everyday Monday to Thursday from 9am-4pm and Friday from 9am-3pm or visit us online at ParkinsonPlace.org.</p>				<p>1</p> <p>11am ROCK STEADY BOXING</p>
<p>4 9:30am MORNING CAFÉ</p> <p>10am GENTLE YOGA</p> <p>11:30am FUN FITNESS</p>	<p>5 9:30am MORNING CAFÉ</p> <p>10am TONGUE TWISTERS</p> <p>11am PARKINSON POWER HOUR "Myths in Medicare & Insurance" Greg Raymond</p> <p>12pm BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE</p>	<p>6 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER</p> <p>10am CAREGIVERS ONLY CLUB</p> <p>11am MUSIC THERAPY</p>	<p>7 9:30am MORNING CAFÉ</p> <p>10am DANCE FOR PARKINSON'S</p> <p>11:30am FUN FITNESS</p> <p>2pm-5pm "THE NO TALENT OPEN MIC SHOW"</p>	<p>8</p> <p>11am ROCK STEADY BOXING</p>
<p>11 9:30am MORNING CAFÉ</p> <p>10am GENTLE YOGA</p> <p>11:30am FUN FITNESS</p> <p style="text-align: center;">Holiday Food Drive Begins</p> 	<p>12 9:30am MORNING CAFÉ</p> <p>10am TONGUE TWISTERS</p> <p>11am PARKINSON POWER HOUR "The Benefits of Deep Brain Stimulation for PD" Kenneth Vives, MD, FACS</p> <p>12pm BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE</p>	<p>13 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>14 9:30am MORNING CAFÉ</p> <p>10am DANCE FOR PARKINSON'S</p> <p>11:30am FUN FITNESS</p>	<p>15</p> <p>11am ROCK STEADY BOXING</p> <p>11am MEMORY CAFE</p>
<p>18 9:30am MORNING CAFÉ</p> <p>10am GENTLE YOGA</p> <p>11:30am FUN FITNESS</p>	<p>19 9:30am MORNING CAFÉ</p> <p>10am TONGUE TWISTERS</p> <p>11am PARKINSON POWER HOUR "Don't Let Balance Be an Issue" Laura Wazen, DPT</p> <p>12pm BUFFET LUNCH</p> <p>12:30pm RENEW & RESTORE</p>	<p>20 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>12:15pm SENIOR BLUEBOOK EVENT "Tips & Tricks of Technology" Lunch Provided</p>	<p>21 9:30am MORNING CAFÉ</p> <p>10am DANCE FOR PARKINSON'S</p> <p>11:30am FUN FITNESS</p> <p>3:30-6:30pm SIP & SHOP AT J.MCLAUGHLIN</p>	<p>22</p> <p>11am ROCK STEADY BOXING</p>
<p>25 9:30am MORNING CAFÉ</p> <p>10am GENTLE YOGA</p> <p>11:30am FUN FITNESS</p>	<p>26</p> <p style="text-align: center;">Thanksgiving Party</p> <p style="text-align: center;">Ham</p>  	<p>27 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER</p> <p>10am CAREGIVERS ONLY CLUB</p> <p>11am MUSIC THERAPY</p>	<p>28</p>  <p style="text-align: center;">Happy Thanksgiving! To You And Your Family</p>	<p>29</p> <p style="text-align: center;">Closed for Thanksgiving Holiday</p>