

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditation & Stretching</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>2 9:30am MORNING CAFÉ</p> <p>10am TONGUE TWISTERS Oral Motor Exercises</p> <p>11am PARKINSON POWER Upbeat Motivational Talk</p> <p>11:45am Buffet Lunch</p> <p>12:30 RENEW & RESTORE Calming Chair Exercises</p>	<p>3 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER Speech & Swallowing</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am PILATES Mat Exercises for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making</p>	<p>4 9:30am MORNING CAFE</p> <p>10am DANCE For PARKINSONS Expressive Chair Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>5</p> <p>11am ROCK STEADY BOXING Non-Contact Fitness</p>
<p>8 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditation & Stretching</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>9 9:30am MORNING CAFE</p> <p>10am TONGUE TWISTERS Oral Motor Exercises</p> <p>11am PARKINSON POWER “The Latest Developments in Parkinson’s Disease” ★ Deborah Burke, MD</p> <p>NOON Buffet Lunch</p> <p>12:30 RENEW & RESTORE Calming Chair Exercises</p>	<p>10 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER Speech & Swallowing</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am PILATES Mat Exercises for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making</p>	<p>11 9:30am MORNING CAFE</p> <p>10am DANCE For PARKINSONS Expressive Chair Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>12</p> <p>11am ROCK STEADY BOXING Non-Contact Fitness</p>
<p>15 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditation & Stretching</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>16 9:30am MORNING CAFE</p> <p>10am TONGUE TWISTERS Oral Motor Exercises</p> <p>11am PARKINSON POWER Health South Series #2 “Nutrition for PD” ★ Pam LaFond, RDN</p> <p>NOON Buffet Lunch</p> <p>12:30 RENEW & RESTORE Calming Chair Exercises</p>	<p>17 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER Speech & Swallowing Exercises</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am ASK-THE-DOCTOR 11:15am Buffet Lunch ★</p> <p>NOON “The Benefits of Diet and Exercise” Juan Sanchez-Ramos, MD</p> <p style="text-align: center;">NO Music Therapy or Pilates Class Today</p>	<p>18 9:30am MORNING CAFE</p> <p>10am DANCE For PARKINSONS Expressive Chair Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>19</p> <p>11am ROCK STEADY BOXING Non-Contact Fitness</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditation & Stretching</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>23 9:30am MORNING CAFE</p> <p>10am TONGUE TWISTERS Oral Motor Exercises</p> <p>11am PARKINSON POWER ★ “New Treatment Options” Sanjay Yathiraj, MD</p> <p>NOON Buffet Lunch</p> <p>12:30 RENEW & RESTORE Calming Chair Exercises</p>	<p>24 FALL CONFERENCE “The Benefits of Rehabilitation for Parkinson’s Disease” Presented by The Doctors Hospital Neurological Rehab Team</p> <p>Registration: 9:30am Program: 10am-1:30pm</p>	<p>25 9:30am MORNING CAFE</p> <p>10am DANCE For PARKINSONS Expressive Chair Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>26</p> <p>11am ROCK STEADY BOXING Non-Contact Fitness</p>
<p>29 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditation & Stretching</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>30 11am – 1pm ★</p> <p>HALLOWEEN PARTY</p> <p>and POT LUCK LUNCH</p> <p>★ No Tongue Twisters or Renew & Restore Today</p>	<p>31 9:30am MORNING CAFÉ</p> <p>10am VOICE POWER Speech & Swallowing</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am PILATES Mat Exercises for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making</p>		

RSVP for Parkinson Power, Ask-The-Doctor & Special Events • 941.893.4188 or Reservation@ParkinsonHope.org

★ SPECIAL EVENTS OCTOBER 2018 ★

- OCTOBER 9** “The Latest Developments in Parkinson’s Disease” Deborah Burke, MD - Program 11am-Noon with buffet lunch to follow
- OCTOBER 16** “Nutrition & Parkinson’s Disease” - Pam LaFond, RDN - Program 11am – Noon with buffet lunch to follow
- OCTOBER 17** **ASK-THE-DOCTOR** - “The Benefits of Diet & Exercise” Juan Sanchez-Ramos PhD, MD Buffet Lunch 11:15am – Program Noon-1pm
- OCTOBER 23** “New Treatment Options for PD: The Difference Between “On” & “Off” - Sanjay Yathiraj, MD - Program 11am-Noon with buffet lunch to follow
- OCTOBER 24** **FALL CONFERENCE** – “The Benefits of Rehabilitation for Parkinson’s Disease” – Doctors Hospital Neurological Rehabilitation Team
Registration 9:30am Program 10am-1:30pm with buffet lunch to follow
- OCTOBER 30** **HALLOWEEN PARTY & POT LUCK LUNCH** – 11am-1pm – Tricks, Treats and more! Come and bring your favorite dish!