



MONTH-AT-A-GLANCE • OCTOBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER HOUR <i>"The Importance of Flu Prevention in Parkinson's Patients"</i> Encompass Health Rehabilitation Hospital 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	2 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	3 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	4 11am ROCK STEADY BOXING
7 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30am FUN FITNESS	8 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER HOUR <i>"Understanding Lewy Body Disease"</i> Cheryl Brandi 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	9 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB Group Leader, Pam Polowski, CDP 11am MUSIC THERAPY	10 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	11 11am ROCK STEADY BOXING
14 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30am FUN FITNESS	15 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER HOUR <i>"Visual Deficits with Parkinson's Disease"</i> Anne Marie Oliveto, OT, SMH 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	16 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB Group Leader, Pam Polowski, CDP 11am MUSIC THERAPY 12:15pm SENIOR BLUEBOOK EVENT <i>"Cognitive Decline—When to Seek Help"</i> Lunch Provided	17 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	18 11am ROCK STEADY BOXING 11am MEMORY CAFE
21 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30am FUN FITNESS Push UPS for Parkinson's Challenge Begins	22 9:30am MORNING CAFÉ 10am TONGUE TWISTERS 11am PARKINSON POWER HOUR <i>"Solving the Puzzle of Long-Term Care"</i> John Griffin, Esq. 12pm BUFFET LUNCH 12:30pm RENEW & RESTORE	23 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	24 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS	25 11am ROCK STEADY BOXING
28 9:30am MORNING CAFÉ 10am GENTLE YOGA 11:30am FUN FITNESS	29 Halloween Party 11am	30 9:30am MORNING CAFÉ 10am VOICE POWER 10am CAREGIVERS ONLY CLUB 11am MUSIC THERAPY	31 9:30am MORNING CAFÉ 10am DANCE FOR PARKINSON'S 11:30am FUN FITNESS 	<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>Parkinson Place is here for you! 941-893-4188</p>