


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p>  <p>Labor Day</p> <p>CLOSED FOR HOLIDAY</p>	<p>4 9:30am MORNING CAFÉ</p> <p>★ NEW PROGRAM</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 Meditation & Breathing Chair Exercises</p>	<p>5 9:30am MORNING CAFE</p> <p>10am VOICE POWER Speech & Swallowing Exercises</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making Utilizing Voice, Memory, Movement & Instruments</p>	<p>6 9:30am MORNING CAFE</p> <p>10am DANCE FOR PARKINSONS Expressive Movement Chair Exercises to Live Drum Beat</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>7 NO MORNING CAFE</p> <p>11am ROCK STEADY BOXING Non-Contact Boxing Inspired Fitness Training</p>
<p>10 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditative Breathing & Stretching Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>11 9:30am MORNING CAFE</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 Meditation & Breathing Chair Exercises</p>	<p>12 9:30am MORNING CAFE</p> <p>10am VOICE POWER Speech & Swallowing Exercises</p> <p>10am CAREGIVERS CLUB Support for Caregivers</p> <p>11am MUSIC THERAPY Therapeutic Music Making Utilizing Voice, Memory, Movement & Instruments</p>	<p>13 9:30am MORNING CAFE</p> <p>10am DANCE FOR PARKINSONS Expressive Movement Chair Exercises to Live Drum Beat</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>14 NO MORNING CAFE</p> <p>11am ROCK STEADY BOXING Non-Contact Boxing Inspired Fitness Training</p>
<p>17 9:30am MORNING CAFE</p> <p>10am GENTLE YOGA Meditative Breathing & Stretching Exercises</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>18 9:30am MORNING CAFE</p> <p>10am TONGUE TWISTERS Oral Motor Exercises</p> <p>★ 11am PARKINSON POWER Health South Series #1 "Travel Tips for Those with Medical Limitations" Linda Odom-HealthSouth</p> <p>11:45am BUFFET LUNCH</p> <p>12:30 RENEW & RESTORE Meditation & Breathing Chair Exercises</p>	<p>19 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 Lunch Served 12-1pm "The Benefits of Diet and Exercise" Juan Sanchez-Ramos, MD NO MUSIC CLASS TODAY</p>	<p>20 9:30am MORNING CAFE</p> <p>10am DANCE FOR PARKINSONS Expressive Movement Chair Exercises to Live Drum Beat</p> <p>11:30am FUN FITNESS Strength & Balance Exercises</p>	<p>21 NO MORNING CAFE</p> <p>11am ROCK STEADY BOXING Non-Contact Boxing Inspired Fitness Training</p> 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 9:30am MORNING CAFE 10am GENTLE YOGA Meditative Breathing & Stretching Exercises 11:30am FUN FITNESS Strength & Balance Exercises	25 9:30am MORNING CAFE 10am TONGUE TWISTERS Oral Motor Exercises ★ 11am PARKINSON POWER Special Presentation “Overview of PD” Stuart Isaacson, MD 11:45am BUFFET LUNCH 12:30 RENEW & RESTORE Meditation & Breathing Chair Exercises	26 9:30am MORNING CAFE 10am VOICE POWER Speech & Swallowing Exercises 10am CAREGIVERS CLUB Support for Caregivers 11am MUSIC THERAPY Therapeutic Music Making Utilizing Voice, Memory, Movement & Instruments	27 9:30am MORNING CAFE 10am DANCE FOR PARKINSONS Expressive Movement Chair Exercises to Live Drum Beat 11:30am FUN FITNESS Strength & Balance Exercises	28 NO MORNING CAFE 11am ROCK STEADY BOXING Non-Contact Boxing Inspired Fitness Training

All classes are **ability based** and can be performed **standing or sitting** in a chair

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

★ **SEPTEMBER 2018 SPECIAL EVENTS** ★

SEPTEMBER 18 – PARKINSON POWER SPECIAL EVENT – Health South Educational Series #1 – “Travel Tips for Those with Medical Limitations” – Linda Odom
 Program 11am – Noon Buffet Lunch to follow

SEPTEMBER 19 – ASK-THE-DOCTOR - “The Benefits of Diet & Exercise” Juan Sanchez-Ramos PhD, MD - Buffet Lunch 11:15am – Program Noon-1pm

SEPTEMBER 25 - PARKINSON POWER SPECIAL EVENT – “Overview of Parkinson’s Disease: Motor vs. Non Motor Symptoms”
 Guest Speaker, Stuart Isaacson, MD, Boca Raton FL Program 11am-Noon Buffet Lunch to follow



NEW PROGRAM BEGINNING SEPTEMBER 4

TONGUE TWISTERS – Oral Motor Exercises to Strengthen and Maintain Muscle Function for Improved Speech, Vocal Loudness, Breath Support and Swallow Function

Every Tuesday - 10am – 11am



Hali Bloom, MS, CCC-SLP