

# MONTH-AT-A-GLANCE • SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>NO CLASSES TODAY</b> <b>LABOR DAY</b></p>	<p><b>3</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>TONGUE TWISTERS</b></p> <p>11am <b>PARKINSON POWER HOUR</b> <i>"The Danger of Gluten and Where is it Hiding in Our Food"</i> Beth "Annie" Stockdale, Your Total Body Wellness Center</p> <p>12pm <b>BUFFET LUNCH</b></p> <p>12:30pm <b>RENEW &amp; RESTORE</b></p>	<p><b>4</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>VOICE POWER</b></p> <p>10am <b>CAREGIVERS ONLY CLUB</b></p> <p>11am <b>MUSIC THERAPY</b></p>	<p><b>5</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>DANCE FOR PARKINSON'S</b></p> <p>11:30am <b>FUN FITNESS</b></p>	<p><b>6</b></p> <p>11am <b>ROCK STEADY BOXING</b></p>
<p><b>9</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>GENTLE YOGA</b></p> <p>11:30am <b>FUN FITNESS</b></p> <p>1pm <b>"EMBRACING OUR DIFFERENCES"</b> <b>ART CLASS</b></p>	<p><b>10</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>TONGUE TWISTERS</b></p> <p>11am <b>PARKINSON POWER HOUR</b> <i>Turning "Off Time" into "On Time"</i> Dr. Sanjay Yathiraj</p> <p>12pm <b>BUFFET LUNCH</b></p> <p>12:30pm <b>RENEW &amp; RESTORE</b></p>	<p><b>11</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>VOICE POWER</b></p> <p>10am <b>CAREGIVERS ONLY CLUB</b></p> <p>11am <b>MUSIC THERAPY</b></p>	<p><b>12</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>DANCE FOR PARKINSON'S</b></p> <p>11:30am <b>FUN FITNESS</b></p>	<p><b>13</b></p> <p>11am <b>ROCK STEADY BOXING</b></p>
<p><b>16</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>GENTLE YOGA</b></p> <p>11:30am <b>FUN FITNESS</b></p> <p>1pm <b>"EMBRACING OUR DIFFERENCES"</b> <b>ART CLASS</b></p>	<p><b>17</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>TONGUE TWISTERS</b></p> <p>11am <b>PARKINSON POWER HOUR</b> <i>"Understanding Your Social Security Benefits"</i> AARP</p> <p>12pm <b>BUFFET LUNCH</b></p> <p>12:30pm <b>NO RENEW &amp; RESTORE</b></p>	<p><b>18</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>VOICE POWER</b></p> <p>10am <b>CAREGIVERS ONLY CLUB</b> Group Leader, Pam Polowski, CDP</p> <p>11am <b>MUSIC THERAPY</b></p> <p>12:15pm <b>SENIOR BLUEBOOK EVENT</b> <i>"Fall Prevention—Staying on your Feet"</i> Lunch Provided</p>	<p><b>19</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>DANCE FOR PARKINSON'S</b></p> <p>11:30am <b>FUN FITNESS</b></p>	<p><b>20</b></p> <p>11am <b>ROCK STEADY BOXING</b></p> <p>11am <b>MEMORY CAFE</b></p>
<p><b>23</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>GENTLE YOGA</b></p> <p>11:30am <b>FUN FITNESS</b></p> <p>1pm <b>"EMBRACING OUR DIFFERENCES"</b> <b>ART CLASS</b></p>	<p><b>24</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>TONGUE TWISTERS</b></p> <p>11am <b>PARKINSON POWER HOUR</b> <i>"Driver Education: Staying Safe on the Road"</i> SMH, Wanda Jackson, CHAM</p> <p>12pm <b>BUFFET LUNCH</b></p> <p>12:30pm <b>NO RENEW &amp; RESTORE</b></p>	<p><b>25</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>VOICE POWER</b></p> <p>10am <b>CAREGIVERS ONLY CLUB</b> Group Leader, Pam Polowski, CDP</p> <p>11am <b>MUSIC THERAPY</b></p>	<p><b>26</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>DANCE FOR PARKINSON'S</b></p> <p>11:30am <b>FUN FITNESS</b></p>	<p><b>27</b></p> <p>11am <b>ROCK STEADY BOXING</b></p>
<p><b>30</b> 9:30am <b>MORNING CAFÉ</b></p> <p>10am <b>GENTLE YOGA</b></p> <p>11:30am <b>FUN FITNESS</b></p> <p>1pm <b>"EMBRACING OUR DIFFERENCES"</b> <b>ART CLASS</b></p>	<p>The <b>60 free programs</b> offered every month at <b>Parkinson Place</b> for patients and caregivers are made possible by generous donations to the <b>Parkinson Research Foundation</b>, a 501(c)(3) charitable organization.</p> <p><b>To express appreciation with your financial support</b> 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><b>Parkinson Place is here for you! 941-893-4188</b></p>			