

The Inside

# SCOOP

from Parkinson Place



Parkinson  
PLACE

MAY 2020

## THE “PLACE” YOU CAN COUNT ON

**Hi Members, Caregivers and Friends,**

In a time of uncertainty, one thing remains unchanged, Parkinson Place continues to offer exercise, support and educational programs to those living with Parkinson's disease. Join our “LIVE Zoom” classes and class programs on our website, [ParkinsonPlace.org](http://ParkinsonPlace.org) to stay healthy and strong.

### **ZOOM CLASS SCHEDULE**

- **I've Got the Music in Me with Kaylin- Monday-10:30am/<https://us02web.zoom.us/j/88674195641>**  
Choral vocal warm up for speech production · Sing group favorites such as Beatles, Frank Sinatra & Johnny Cash · Musical games for memory recall and reminiscing · Stretch and relax to music to encourage muscle movement
- **Yoga4PD with Lynn – Monday-12pm/<https://us02web.zoom.us/j/87352143262>**  
Strengthen muscles and lower body · Improve mobility, walking and posture · Increase flexibility and range of motion · Lessen stress · Enhance relaxation and benefits sleep
- **Exercise with Alix – Tuesday & Thursday-12pm/<https://us02web.zoom.us/j/82152667143>**  
Strengthen muscles · Core training & cardio · Improve balance and strengthen lower body
- **Caregiver's Only Club with Pam - Wednesday-10am/<https://us02web.zoom.us/j/89569927652>**  
Positive and supportive setting offering caregivers beneficial tools and skills.
- **“Get It Out” – Men's Peer Group - Every Friday-10am/ <https://us02web.zoom.us/j/81100745647>**  
**Women's Peer Group - 1st & 3rd Friday-11am /<https://us02web.zoom.us/j/82954885704>**  
Share ideas, tips, experience and gain support from other's living with Parkinson's disease.
- **Brain Power Trivia with Susan - Friday-2pm/<https://us02web.zoom.us/j/82972752426>**  
Have fun keeping your brain active. Correct answers triggers a release of dopamine!

### **WEBSITE PROGRAMS**

Visit [ParkinsonPlace.org](http://ParkinsonPlace.org) click **Programs**, scroll to **Class Videos** and select from the following classes:

- **Say it Loud & Clear Speech Therapy with Shannon**
- **Let's Dance Expressive Exercise with Leymis**
- **Fun Fitness with Kathi**
- **Tai Chi with Kathi**
- **Gentle Yoga with Lynn**
- **Exercise with Alix**

### **OPENING INFORMATION**

Keeping our members and staff healthy and safe is our main objective. We will be following all government guidelines to ensure recommendations are implemented. We look forward to announcing our re-opening once these are in place.

**In the meantime, exercise each day, the Parkinson Place way!**