

MAY/JUNE 2017

Parkinson Association of SW FL

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**ACTIVITIES** (PLEASE REGISTER FOR ALL ACTIVITIES LISTED IN RED)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
15	16	17 Executive Board Meeting 8:30 @ Office	18 12:15 LUNCH BUNCH @ TEXAS TONY'S 4519 Tamiami Trail E.	19 10:30 Sing-a-Long @ Office
22	23 <b>NUTRITION TALK</b>  10:30 EAT WELL Jamie Frear, Chiropractor with Trinity Chiropractic. @ Office	24	25	26 10:30 Sing-a-Long @ Office
29  Office closed MEMORIAL DAY	30 <b>A LESSON IN HEARING</b> 10:30 Dr. Anne Rasmussen @ Office	31	JUNE 1	2 10:30 Sing-a-Long @ Office
5	6	7	8	9

**SUPPORT GROUPS**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:30 WOMEN WITH PD @ OFFICE  2:30 GENERAL SUPPORT GROUP @ TERRACINA GRAND	9:15 SPEECH @ OFFICE		9:15 SPEECH @ BROOKDALE NAPLES  10:30 PERSONS WITH PD 10:30 CARE PARTNERS @ BROOKDALE NAPLES	

**EXERCISE CLASSES**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
1:00 Fleishmann Park PWR! Moves 1:30 Terracina Grand Movement	11:00 Terraces at Bonita PWR! Moves 1:00 Bentley Village Balance Skills	1:00 Fleischmann Park PWR! Moves  1:30 Terracina Grand Movement	11:00 Terraces at Bonita PWR! Moves 1:00 Bentley Village Warm Up & Tai Chi	1:00 Fleischmann Park PWR! Moves

**Exercise Locations:**

Terraces: 26455 S Tamiami Trail  
Bonita Springs

Fleischman Park 1600  
Fleischman Blvd. Naples

Vi  
Bentley Village: 860 Retreat Dr.  
Naples Terracina Grand: 6825  
Davis Naples