

JUNE/JULY

Parkinson Association of SW FL

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

**JUNE**

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
12	13	14	15 12:15 LUNCH BUNCH Metro Dinner Vanderbilt Beach Rd and Airport	16 10:30 Sing-a-Long @ Office
19	20 NEW Support Group Forming 1:00 @ Aston Gardens	21 8:30 Ex. Board Mtg @ Office	22	23 10:30 Sing-a-Long @ Office
26	27 Support Group Forming 1:00 @ Aston Gardens	28	29	30 10:30 Sing-a-Long @ Office
3 <b>JULY</b>	 4 <sup>th</sup> of July Office Closed	5	6	7 10:30 Sing-a-Long @ Office

**SUPPORT GROUPS**

<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>	<b>FRIDAYS</b>
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**

<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>	<b>FRIDAYS</b>
1:00 Studio One PWR! Moves 1:30 Terracina Grand Movement	11:00 Terraces at Bonita PWR! Moves  1:00 Bentley Village Balance Skills	1:00 Studio One PWR! Moves 1:30 Terracina Grand Movement	11:00 Terraces at Bonita PWR! Moves 1:00 Bentley Village Warm Up & Tai Chi	1:00 Studio One PWR! Moves

**Exercise Locations:**

Terraces: 26455 S Tamiami  
Trail Bonita Springs

Studio One  
4184 Tamiami Trail N  
(Behind Wendy's)

Vi Bentley Village:  
860 Retreat Dr. Naples

Terracina Grand:  
6825 Davis Naples