



FREE MEMBERSHIP AND CLASSES

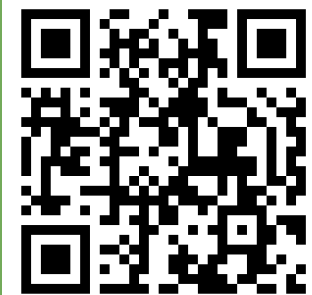
Classes are in-person or
available on Zoom LIVE!

ONE LOCATION
9,000 Sq.Ft. Facility

CALL OR VISIT US

5969 Cattleridge Blvd.
Suite 100
Sarasota, FL 34232

 ParkinsonPlace.org



 (941) 893-4188 x 1006

Parkinson Place, Inc., is a registered
501(c)(3) non-profit corporation.

Parkinson PLACE CENTER

For All Movement Disorders

Welcome!

WHO ARE WE?

Parkinson Place Center for All Movement Disorders mission is to serve the physical, mental, emotional and social needs for all those with movement disorders and their caregivers.

WHAT DO WE OFFER?

We offer over **75 FREE** group exercise, support and education classes a month. Everything we offer is in **one location** here in Sarasota. **FREE** classes and membership are made possible by generous donations.

WHAT CLASSES DO WE OFFER?

- Pedaling for Parkinson's
- Rock Steady Boxing
- Dance - Ballet, Contemporary & Through the Decades
- Speech Therapy including Loud Crowd
- Fun Fitness
- Yoga
- Support Groups- Caregiver & Member Support Group
- Tai Chi
- Cognitive Enhancement
- Empower Education Hour
- BIG & LOUD Program
- Arts
- Acupuncture

All classes are taught by Degree or Certified Instructors

FITNESS * EDUCATION * FRIENDSHIP

HOW DO I GET STARTED?

The first step is to become a Parkinson Place Center member. Membership is FREE, and sign-up is easy. Stop by Parkinson Place Center to sign-up and tour our facility or fill out a membership form on our website, ParkinsonPlace.org. For ease, use our QR code on the front side of this sheet. Once you become a member, you will receive daily class schedule emails. Classes are in-person or on Zoom live! So, everyone has access to our vast selection of classes.

WHAT MAKES US UNIQUE?

All classes and activities are in **ONE** easy, accessible location. Having our programs in one place creates friendly camaraderie amongst our members who truly understand this journey. Caregivers, family members and friends are welcome to join our classes and participate in our community, creating everlasting bonds.

The daily schedule is designed for members to spend the day participating in group fitness, support and education. We offer lunch twice a week donated by community sponsors which enables members to socialize and learn about the available resources.

We are privileged to have Ricardo Gonzalez, DDS, MD, as our Medical Director and advisor. Based on one of his recent recommendations, we now have a ping pong table that members can enjoy as part of their physical, cognitive and social activity.

Education is empowerment, and every Thursday, professional speakers such as Federica Priano, Ph.D., certified neurophysiologist; Ricardo Gonzalez, DDS, MD, Movement Disorder Specialist and other community professionals speak. Our ongoing presentations are relatable to helping the needs of people living with movement disorders.

Come in and visit anytime, Monday-Friday, 9 a.m.- 4 p.m. No appointment is necessary. We look forward to meeting you!



APRIL IS
PARKINSON'S
DISEASE
AWARENESS
MONTH

BRINGING AWARENESS THROUGH ARTS & EDUCATION

JOIN US APRIL 14TH FOR OUR SPECIAL EVENTS & CLASSES

- 10AM EDUCATION PRESENTATION:
"HOW CAN ASSISTIVE TECHNOLOGY
HELP THOSE LIVING WITH PD"**
- 11AM ROCK STEADY BOXING**
- 12PM ACUPUNCTURE FOR PD**
- 12:30PM LUNCH**
- 1:30PM ASOLO REPERTORY THEATRE WORKSHOP**
Reserve your spot TODAY,
call (941) 893-4188 x 1006 or stop by!
- 2:30PM ARTIST SERIES CONCERTS OF
SARASOTA PRESENTS**
Lee Dougherty Ross - Pianist
Sherri Seiden - Vocalist




**ZOOM ONLY
CLASSES
IN PURPLE**



APRIL 2023

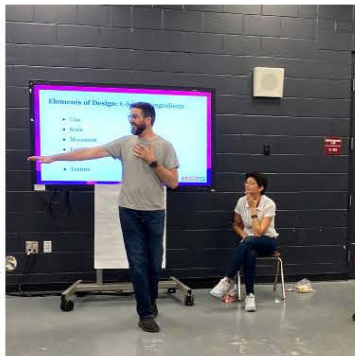


MONDAY	TUESDAY
	
3 9AM PEDALING 10AM PEDALING 10:15AM DANCING THROUGH THE DECADES 10:30AM THE LOUD CROWD 11:30AM SAY IT LOUD & CLEAR 1:30 PM BRAIN, BALANCE & BALLET	4 9:30AM ROCK STEADY BOXING 11:30AM FUN FITNESS 12:30PM TASTY TUESDAY LUNCH 1PM TAI CHI 1PM DANCE FOR MOVEMENT DISORDERS
10 9AM PEDALING 10AM PEDALING 10:15AM DANCING THROUGH THE DECADES 10:30AM THE LOUD CROWD 11:30AM SAY IT LOUD & CLEAR 12:30PM VISUAL ARTS CREATIONS 1:30PM BRAIN, BALANCE & BALLET	11 9:30AM ROCK STEADY BOXING 11:30AM FUN FITNESS 12:30PM TASTY TUESDAY LUNCH 1PM TAI CHI 1PM DANCE FOR MOVEMENT DISORDERS
17 9AM PEDALING 10AM PEDALING 10:15AM DANCING THROUGH THE DECADES 10:30AM THE LOUD CROWD 11:30AM SAY IT LOUD & CLEAR 12:30PM VISUAL ARTS CREATIONS 1:30 PM BRAIN, BALANCE & BALLET	18 9:30AM ROCK STEADY BOXING 11:30AM FUN FITNESS 12:30PM TASTY TUESDAY LUNCH 1PM TAI CHI 1PM DANCE FOR MOVEMENT DISORDERS
24 9AM PEDALING 10AM PEDALING 10:15AM DANCING THROUGH THE DECADES 10:30AM THE LOUD CROWD 11:30AM SAY IT LOUD & CLEAR 12:30PM VISUAL ARTS CREATIONS 1:30 PM BRAIN, BALANCE & BALLET	25 9:30AM ROCK STEADY BOXING 11:30AM FUN FITNESS 12:30PM TASTY TUESDAY LUNCH 1PM TAI CHI 1PM DANCE FOR MOVEMENT DISORDERS

WEDNESDAY	THURSDAY	FRIDAY
		
5 10AM CAREGIVERS SUPPORT GROUP 10AM KEEP YOUR BRAIN STRONGER LONGER 11:30AM YOGA 1PM WARRIOR WORKOUT 1PM PEDALING	6 9:30AM ROCK STEADY BOXING 11:30AM FUN FITNESS 12:30PM LUNCH PROVIDED 1PM EMPOWER HOUR "BOOST YOUR BRAIN THE FUN WAY WITH SPARCKLE"	7 10AM CIRCLE OF SUPPORT 10AM ME TIME 11AM ROCK STEADY BOXING 12PM ACUPUNCTURE 12:30PM LUNCH 1:30PM ASOLO REPERTORY THEATRE WORKSHOP
12 10AM CAREGIVERS SUPPORT GROUP 10AM KEEP YOUR BRAIN STRONGER LONGER 11:30AM YOGA 1PM WARRIOR WORKOUT 1PM PEDALING	13 9:30AM ROCK STEADY BOXING 11:30AM FUN FITNESS 12:30PM LUNCH PROVIDED 1PM EMPOWER HOUR "LET'S TALK PD"	14 PARKINSON AWARENESS DAY 10AM "HOW CAN ASSISTIVE TECHNOLOGY HELP THOSE LIVING WITH PD" 11AM ROCK STEADY BOXING 12PM ACUPUNCTURE 12:30PM LUNCH 1:30PM ASOLO REPERTORY THEATRE WORKSHOP 2:30PM ARTIST SERIES CONCERTS OF SARASOTA
19 10AM CAREGIVERS SUPPORT GROUP 10AM KEEP YOUR BRAIN STRONGER LONGER 11:30AM YOGA 1PM WARRIOR WORKOUT 1PM PEDALING	20 9:30AM ROCK STEADY BOXING 11:30AM FUN FITNESS 12:30PM LUNCH PROVIDED 1PM EMPOWER HOUR "SLEEP DISORDERS IN PD- PART 2"	21 11AM ROCK STEADY BOXING 12PM ACUPUNCTURE 12:30PM LUNCH 1:30PM ASOLO REPERTORY THEATRE WORKSHOP
26 10AM CAREGIVERS SUPPORT GROUP 10AM KEEP YOUR BRAIN STRONGER LONGER 11:30AM YOGA 1PM WARRIOR WORKOUT 1PM PEDALING	27 9:30AM ROCK STEADY BOXING 11:30AM FUN FITNESS 12:30PM LUNCH PROVIDED 1PM EMPOWER HOUR "HOW YOUR MENTAL HEALTH AFFECTS YOUR PHYSICAL WELL-BEING"	28 11AM ROCK STEADY BOXING 12PM ACUPUNCTURE 12:30PM LUNCH 1:30PM ASOLO REPERTORY THEATRE WORKSHOP

DON'T MISS THIS EXCITING ADDITION TO OUR
ARTS SERIES

asolorep _____
EDUCATION & Engagement



The Asolo Repertory Theatre Education & Engagement team will facilitate a 5-week storytelling workshop encouraging members to explore movement, voice and sensory exploration.

Every Friday, starting March 31st from 1:30-2:30 PM!

FREE Lunch-12:30 PM.

Instructed by professional theatre artists, members will learn to be seen, be heard, and be understood, through theatrical exercises and storytelling - **no experience necessary!**

**JOIN US
TUESDAY, MARCH 28th
12:30PM
for the Asolo Intro Class**

Reserve your spot
TODAY, call
941-893-4188 ext. 1006
or stop by!


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ARTS SERIES

SARASOTA PERFORMING ARTS FOUNDATION

formerly Van Wezel Foundation



An education & community engagement teaching artist from the Sarasota Performing Arts Foundation will present a 5-week residency featuring a visual arts creation. The residency will conclude with a member presentation at the end of the 5-weeks.

Every Monday, starting April 10th, at 12:30 PM!

Thank you to the Sarasota Performing Arts Foundation and its generous donors, StarTech.com and Sara Roberts Foundation.

**JOIN US
MONDAY, APRIL 10th
12:30 PM
for the Sarasota Performing
Arts Foundation's visual arts
residency.**

Reserve your spot
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"BOOST YOUR BRAIN THE FUN WAY WITH"



**A FUN GAME TO SPARK YOUR CREATIVITY DEVELOPED BY
NEW COLLEGE OF FLORIDA STUDENT LILLIAN FIELD**

**Learn the "Importance of Games and Our Brains!"
Presented by Stephanie Smolen-Lomazov, MS, CCC-SLP and
Game Developer, Lillian Field
Introducing and Playing SPARCKLE with Members**

THURSDAY, APRIL 6TH - 1PM

**"HOW CAN ASSISTIVE TECHNOLOGY HELP
THOSE LIVING WITH PARKINSON'S DISEASE?"
LEARN**

**What is assistive technology?
How can assistive technology help in daily living?
What are the types of low and high assistive technology
that help people with PD?**

**Join
Vanessa Carmody, OTD, OTR/L, CAPS &
18 Master of Occupational Therapy Students from**



**KEISER
UNIVERSITY**

FRIDAY, APRIL 14TH - 10AM

**Students will work directly with members demonstrating devices.
Don't miss this opportunity!**