


<u>Lectures/ Announcements</u>	Mon	Tue	Wed	Thu	Fri	Class Descriptions
<p><u>A Matter of Balance Workshop</u> 8 Week Program - Fridays, 1/18 - 3/8/2019 12:30 - 2:30 pm BSHRI, Bldg. B, Morin Auditorium Space is limited/ Registration is required 623-832-2046</p> <p><u>BNWW Lecture Monday, 2/11</u> 12:00 noon - 1:00 p.m. "AS Parkinson's disease Advances; Living your Fullest Life" Dr. Sara Dhanani</p> <p><u>Women's Group Meeting "Movie Day"</u> Wednesday, 2/27 1:00 - 3:30 pm</p> <p><u>Walk the Fight for Parkinson's</u> Saturday, February 9th Tempe Beach Park 8:00 a.m. - 1:00 p.m. 8:00 Run begins 10:00 Walk begins</p> <p><u>Tai Chi & Dance for Parkinson's</u> No charge for BNWW Members. \$5/class non-members*</p> <p><u>Music Therapy</u> 2:00 - 3:00 pm 1st and 3rd Mondays of the month **Free**</p>					1 10-11 PD Coffee Talk 12:30 - 2:30 Matter of Balance Workshop (registration required)	<p><u>PWR! Up</u> Seated group PD exercise class for those who need extra support and accommodations.</p> <p><u>PWR! Moves</u> Lower-to-moderate level PD specific exercise class. For those who can ambulate but need some support for different activities.</p> <p><u>PWR! Circuit</u> Moderate-to-high level PD specific exercise class. For those who can ambulate without support and can work at a higher intensity. Participants may rotate to exercise activity stations during the class.</p> <p><u>Healthy Abs & Back</u> Exercise class utilizing floor mats performing abdominal and back strengthening exercises. Participants must be able to get up and down from the floor independently and safely to participate.</p> <p><u>Tai Chi</u> Slow, gentle movements with deep breathing and meditation. Increases strength, flexibility and stamina. Standing/Seated</p> <p>*Application and Wellness assessment is required before beginning all PWR! exercise programs.* ***** Banner Neuro Wellness West membership*—\$40.00/month \$10/class Drop-In Rate 1/28/2019</p>
	4 10:00-11:00 PD Voice Class 11:30—12:30 Tai Chi 12:30—1:30 Dance for Parkinson's 2:00—3:00 Music Therapy	5 9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! Up	6	7 9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! Up *11—12 PD Care Partner's Meeting, Bldg. A Conf. Rm 1:00 pm Yoga for Parkinson's/Meditation	8 10-11 PD Coffee Talk 12:30 - 2:30 Matter of Balance Workshop (registration required)	
	11 BNWW Lecture "As Parkinson's disease Advances; Living your Fullest Life" 12:00 - 1:00 p.m. Morin Auditorium	12 9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! Up New DBS Support Group Meeting 12:00—1:30	13	14  9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! Up 1:00 pm Yoga for Parkinson's/Meditation	15 10-11 PD Coffee Talk 12:30 - 2:30 Matter of Balance Workshop (registration required)	
	18 10:00-11:00 PD Voice Class 11:30—12:30 Tai Chi 12:30—1:30 Dance for Parkinson's 2:00—3:00 Music Therapy	19 9-10 PWR! Circuit 10-11 PWR! Moves PWR! Up Cancelled Today	20	21 9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! Up *11—12 PD Care Partner's Meeting, Bldg. A Conf. Rm 1:00 pm Yoga for Parkinson's/Meditation	22 10-11 PD Coffee Talk 12:30 - 2:30 Matter of Balance Workshop (registration required)	
	25 10:00-11:00 PD Voice Class 11:30—12:30 Tai Chi	26 9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! Up	27 Women's Group Meeting 1:00 - 3:30 p.m. Morin , Auditorium "Movie Day"	28 9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! Up 1:00 pm Yoga for Parkinson's/Meditation		