

Events

Sardella's Pizza Night

Join us at Sardella's Pizzeria on 83rd Ave and Lake Pleasant Parkway from 3-5pm. Thank you PMD Alliance and Medtronic's for your contribution!

Mondays

Care Partners—Mondays at 10a
 Women's Group at 12:30p
 Speech—1:00pm
 Music Therapy—3:30p

Tuesdays

Grief Support Group—Tuesday
 April 1st
 Men's Group—3:30-4:30 virtual

Wednesdays

Dance—9a virtual and in-person.
 Speaking Group—1:00p-2:00p

Thursdays

Book Club—April 17th at
 1:30p-2:30p

Fridays

Coffee Talks

April 4th- Parkinson's and Coffee
 April 11th BSHRI lead Coffee Talk
 April 18th Parkinson's and Coffee
 April 25th Parkinson's and Coffee/
 Online support group
NEW LOCATION
 Unitarian Universalist Social Hall
 17540 Avenue of the Arts

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One 12-12:50 PWR! Moves 3:30p-4:30p Men's Group (Virtual)	2 9:00-9:50 Dance (virtual) 1:00 -2:00 Speaking Group (virtual)	3 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One 12-12:50 PWR! Moves	4 Parkinson's and Coffee 10:00-10:50
7 10:00-11:00 Care Partners Support Group (Hybrid) 12:30-1:30 Women's Group (virtual) 3:30-4:30 Music Therapy (virtual)	8 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One 12-12:50 PWR! Moves 3:30p-4:30p Men's Group (Virtual)	9 9:00-9:50 Dance (virtual) 1:00 -2:00 Speaking Group (virtual)	10 9-9:50 Music Therapy 10-10:50 PWR! Moves 11-11:50 PWR! One 12-12:50 PWR! Moves	11 Coffee Talk 10:00-10:50
14 10:00-11:00 Care Partners Support Group (Hybrid) 12:30-1:30 Women's Group (virtual) 3:30-4:30 Music Therapy (virtual) Pizza Night 3-5pm	15 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One 12-12:50 PWR! Moves 3:30p-4:30p Men's Group (Virtual)	16 1:00 -2:00 Speaking Group (virtual)	17 9-9:50 Music Therapy 10-10:50 PWR! Moves 11-11:50 PWR! One 12-12:50 PWR! Moves	18 Parkinson's and Coffee 10:00-10:50
21 10:00-11:00 Care Partners Support Group (Hybrid) 12:30-1:30 Women's Group (virtual) 3:30-4:30 Music Therapy (virtual)	22 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One 12-12:50 PWR! Moves 3:30p-4:30p Men's Group (Virtual)	23 9:00-9:50 Dance (virtual) 1:00 -2:00 Speaking Group (virtual)	24 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One 12-12:50 PWR! Moves	25 Coffee Talk Zoom 10:00-10:50 Parkinson's and Coffee 10:00-10:50
28 10:00-11:00 Care Partners Support Group (Hybrid) 12:30-1:30 Women's Group (virtual) 3:30-4:30 Music Therapy (virtual)	29 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One 12-12:50 PWR! Moves 3:30p-4:30p Men's Group (Virtual)	30 9:00-9:50 Dance (virtual) 1:00 -2:00 Speaking Group (virtual)	NEXT MONTH	NEXT MONTH