





<u>Lectures/ Announcements</u>	Mon	Tue	Wed	Thu	Fri	Class Descriptions
<p><b>BNWW Boxing Fitness Mondays</b> 9:00 - 10:00 am (*Membership Required)</p>  <p><b>BOX4BUCKS</b> Saturday, October 26th 8:00 am - 2:00 pm Pound Gym 15090 N. Northsight Blvd Scottsdale</p>  <p><b>Women's Group Halloween Party</b> 1:00 - 3:00 pm Wednesday, 10/23 Morin Auditorium <b>Parkinson's Voice Class</b> Mondays 10:00 am Open to all BNWW members and the community <b>**Free**</b></p> <p><b>Tai Chi &amp; Dance for Parkinson's</b> No charge for BNWW Members. \$5/class non-members* <b>Music Therapy</b> 2:00 - 3:00 pm Monday, October 7th &amp; 21st <b>**Free**</b></p> <p><b>Yoga for Parkinson's/Meditation</b> Thursdays, <b>** 1:00 - 2:00 p.m.</b> No charge for BNWW Members. \$5/class for all spouses/caregivers and non-members</p>	<p>1</p> <p>9-10 PWR! Circuit</p> <p>10-11 PWR! Moves</p> <p>11-12 PWR! Up</p>	<p>2</p> <p>FCS Lecture - <i>Ambiguous Loss/Emotional Changes</i> 10:00 - 11:30 am Lori Nisson, LCSW, Dir. Of Family and Community Services Registration Required - 623-832-3248</p>	<p>3</p> <p>9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! Up <b>*11—12 PD Care Partner's Meeting, Bldg. A Conf. Rm</b> 1:00 pm Yoga for Parkinson's/Meditation</p>	<p>4</p> <p>10 - 11 PD Coffee Talk</p>	<p><b>PWR! Up</b> Seated group PD exercise class for those who need extra support and accommodations. <b>PWR! Moves</b> Lower-to-moderate level PD specific exercise class. For those who can ambulate but need some support for different activities. <b>PWR! Circuit</b> 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. <b>Healthy Abs &amp; Back</b> 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. <b>Tai Chi</b> Slow, gentle movements with deep breathing and meditation. Increases strength, flexibility and stamina. Standing/Seated <b>*Application and Wellness Assessment is required before beginning all PWR! Fitness &amp; Boxing programs.*</b> ***** Banner Neuro Wellness West membership*— October - \$40.00/month <b>*Boxing Fitness - additional \$10.00/month for BNWW Members</b> \$30.00/month - Non-members (*assessment required) <b>9/23/2019 R</b></p>	
	<p>7</p> <p>9:00 - 10:00 <b>Boxing Fitness</b> 10:00-11:00 <b>PD Voice Class</b> 11:30—12:30 <b>Tai Chi</b> 12:30 - 1:30 <b>Dance for Parkinson's</b> 2:00—3:00 <b>Music Therapy</b></p>	<p>8</p> <p>9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! Up</p> <p><b>New DBS Support Group Meeting</b> 12:00—1:30</p>	<p>9</p>	<p>10</p> <p>9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! Up</p> <p>1:00 pm Yoga for Parkinson's/Meditation</p>	<p>11</p> <p>10-11 PD Coffee Talk Guest Speaker - Robin Rhea Parkinson's Foundation</p>	
	<p>14</p> <p>9:00 - 10:00 <b>Boxing Fitness</b>  10:00-11:00 <b>PD Voice Class</b> 11:30—12:30 <b>Tai Chi</b></p>	<p>15</p> <p>9-10 PWR! Circuit  10-11 PWR! Moves  11-12 PWR! Up</p>	<p>16</p> <p><b>Deep Brain Stimulation (DBS) Patient Education Sessions</b> (Meg Lambert) 10:00 - 11:00 am Building A, Conference Room</p>	<p>17</p> <p>9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! Up <b>*11—12 PD Care Partner's Meeting, Bldg. A Conf. Rm</b> 1:00 pm Yoga for Parkinson's/Meditation</p>	<p>18</p> <p>10-11 PD Coffee Talk Guest Speaker - Dr. Sara Dhanani Topic - DBS Candidacy</p>	
	<p>21</p> <p>9:00 - 10:00 <b>Boxing Fitness</b> 10:00-11:00 <b>PD Voice Class</b> 11:30—12:30 <b>Tai Chi</b> 12:30 - 1:30 <b>Dance for Parkinson's</b> 2:00—3:00 <b>Music Therapy</b></p>	<p>22</p> <p>9-10 PWR! Circuit  10-11 PWR! Moves  11-12 PWR! Up</p>	<p>23</p> <p><b>Women's Group Halloween Party</b> 1:00 - 3:00 p.m. Morin , Auditorium</p>	<p>24</p> <p>9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! Up</p> <p>1:00 pm Yoga for Parkinson's/Meditation</p>	<p>25</p> <p>10-11 PD Coffee Talk</p> <p>(Saturday, October 26th - BOX4BUCKS!)</p> 	
	<p>28</p> <p>9:00 - 10:00 <b>Boxing Fitness</b>  10:00-11:00 <b>PD Voice Class</b> 11:30—12:30 <b>Tai Chi</b></p>	<p>29</p> <p>9-10 PWR! Circuit  10-11 PWR! Moves  11-12 PWR! Up</p>	<p>30</p> 	<p>31</p> <p><b>HAPPY HALLOWEEN</b> 9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! Up 1:00 pm Yoga for Parkinson's/Meditation</p>		