

Redding Parkinson Support Group Calendar of classes/meetings
All meetings/classes are held at the Anderson Church of Christ 3434 North St., Anderson
EXCEPT
Coffee in the Park is at Enterprise Park, 4000 Victor Ave., Redding. Look for the signs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 st week of the month		Speech 3-4p Exercise 4:30-5:30P		"Guys Lunch" 1p place TBD Rock Steady Boxing 4:30-5:30p	COFFEE IN THE PARK 9:30-11a Enterprise Park North Entrance	
2 nd week of the month		Speech 3-4p Exercise 4:30-5:30P Dinner Social 6p place TBD		Rock Steady Boxing 4:30-5:30p	Monthly mtg 1-1:30p social time 1:30-3p mtg PWR exercise 3-4p	
3 rd week of the month		Speech 3-4p Exercise 4:30-5:30P		Rock Steady Boxing 4:30-5:30p	COFFEE IN THE PARK 9:30-11a Enterprise Park North Entrance	
4 th week of the month		Speech and Care Partner Support grp 3-4p Exercise 4:30-5:30P		PWR exercise 4:30-5:30p		
5 th week of the month		Speech 3-4p Exercise 4:30-5:30P		Rock Steady Boxing 4:30-5:30p		

RECOMMENDATIONS:

- **FOR ALL EXERCISE PROGRAMS, PLEASE WEAR NON-SLIP SHOES**
- **FOR ROCK STEADY BOXING –**
 - **WE DO HAVE SOME BOXING GLOVES, PLEASE USE THE HAND SANITIZER BEFORE AND AFTER**
 - **CONSIDER PURCHASING YOUR OWN BOXING GLOVES IF YOU PLAN ON ATTENDING THE CLASSES FOR MORE THAN A MONTH**

To Note:

- Care Partners/Caregivers may stay and participate in the exercise and speech programs, visit in another part of the room or leave. If the care partner/caregiver leaves, a contact phone number should be listed on the "blue" card
- Requirement – Everyone who participates must be able to do so independent of their care partner/caregiver
- It is suggested to bring your own water, but there will be water available for you

PARKINSON'S HEALTH AND WELLNESS PROGRAMS

There is no fee/charge to participate, but donations are encouraged

Anderson Church of Christ (3434 North St., Anderson)

- Tuesdays:** 3p – 4p
Shasta Shout with Susan Whitaker, Speech Language Pathologist
4th Tuesday, ***Care partner Support Group***
4:30p – 5:30p
Adapted Parkinson's Exercise with Shannon
- Thursdays:** 4:30p – 5:30p
Rock Steady Boxing with Carrie
4th Thursdays
PWR (Parkinson Wellness Recovery) with Amy
- Fridays:** 2nd Friday
Monthly Meeting
1 – 1:30P: SOCIAL TIME
1:30 – 3P: MEETING TIME
3p – 4p: PWR (Parkinson Wellness Recovery) with Amy
- Friday:** 1st and 3rd Fridays
Coffee in the Park
9:30a – 11a
Enterprise Park (the same address as Kid's
Kingdom), 4000 Victor Ave., Redding.
North Entrance. Look for the signs

NOTE: There will be no meetings if it rains or if the temperature report says it will be less than 45 degrees at 9a I will send out an email the night before if the meeting is cancelled

GO TO THE NORTH ENTRANCE (yes, there are 2), turn in and follow the road and turn to the left. Go to the circle, near the restrooms – we will be meeting there.

LOOK FOR THE “REDDING PARKINSON SUPPORT GROUP” SIGNS

If you cannot find us, call me 530-945-7628 ☺

What to bring? A chair and something to drink, or eat, if you would like

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