

Fall 2019 Exercise and Education Class Catalog



En español
página 12



Muhammad Ali
Parkinson Center

A Parkinson's Foundation
Center of Excellence

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SAVE THE DATE!

■ **Parkinson's Cultural Gala: A Peruvian Night**

Saturday, September 28, 2019

6:00 pm to 9:00 pm

St. Mary's Basilica Hall

231 N 3rd St. Phoenix, AZ 85004

This event is a unique opportunity to come together as a united community to raise awareness about Parkinson's disease (PD), embrace our diversity and celebrate the power of hope.

We invite you to join the Parkinson Network of Arizona's passion to improve the quality of life of people who face the daily challenges of living with PD.

The proceeds from the Parkinson's Cultural Gala will be used entirely for community outreach and wellness programs delivered by the Muhammad Ali Parkinson Center at Barrow Neurological Institute.

For ticket information call or text (602) 463-4425 or email pdnetworkaz@gmail.com

■ **12th Annual Bruce Florence Parkinson's Juried Art Show** **1st Friday Opening Reception and Concert - November 1, 2019 from 6:00 - 9:00 pm** **Olney Gallery at Trinity Cathedral 1100 W. Roosevelt St, Phoenix, AZ**

The Muhammad Ali Parkinson Center and Olney Gallery invite you to join this celebration of the arts in the Parkinson's community. Enjoy original paintings, photography and mixed media artwork created by people living with Parkinson's disease and their caregivers. A 6:30pm concert by the Tremble Clefs and the Voces Unidas Choir will be part of the festivities. This event is open to the public.

If you live in Arizona and are interested in submitting your artwork, please contact claudia.martinez001@dignityhealth.org to receive an application form before October 1, 2019.

■ **Parkinson's Moving Day Phoenix**

Saturday, November 9, 2019

8:30 am - 12:00 pm

Kiwanis Park

6111 S. All America Way

Tempe, AZ 85282

Moving Day, A Walk for Parkinson's, is a fun and inspiring annual fundraising event hosted by the Parkinson's Foundation. Register at www.movingdaywalk.org

■ **Caregiver Workshop- English**

Friday, November 16, 2019

10:00 am - 2:00 pm

**Sonntag Pavilion, St. Joseph's
Hospital**

**2910 N. 3rd Ave, Phoenix, AZ
85013**

■ **Caregiver Workshop- Spanish**

Saturday, November 17, 2019

Sonntag Pavilion, St. Joseph's

Hospital

**2910 N. 3rd Ave, Phoenix, AZ
85013**

■ **Davis Phinney Victory Summit**

Saturday, December 14, 2019

9:30 am - 3:30 pm

Tucson Convention Center

**260 S. Church Ave, Tucson, AZ
85701**

This national education program is coming back to Arizona! Comprised of dynamic presentations from leading movement disorder professionals from across the country, you will leave feeling motivated and armed with tools to help you be more involved in your own treatment. It's an upbeat, fast-paced event of community and connection, filled with laughter and conversation.

This event is free and includes a complimentary boxed lunch. Seating at The Victory Summit is limited so pre-registration is strongly encouraged. Registration will open in September 2019 at www.davisphinneyfoundation.org

■ **Michael J. Fox Foundation: Parkinson's IQ + You Conference**

Saturday, January 11, 2020

8:00 am - 3:00 pm

Arizona Biltmore Resort

**2400 E. Missouri Ave
Phoenix, AZ 85016**

This educational event is designed to empower patients and caregivers to manage Parkinson's disease, learn about the latest research and connect with local resources. These events are fully accessible and are designed for people at every stage in their journey with Parkinson's. The accompanying Partner Expo includes information on treatment options and local resources for the Parkinson's community.

There is no cost to attend, early registration is encouraged as space is limited. Register today at www.michaeljfox.org

■ **14th Annual Walk the Fight & Run the Distance**

Saturday, February 8, 2020

8:00 am - 1:00 pm

Tempe Town Lake Beach Park

**80 W. Rio Salado Parkway
Tempe, AZ 85281**

Gather your family and friends and join us in raising awareness about Parkinson's disease in Arizona! Activities include a 5K Run, 4K Walk, 1.5 block stroll, children's activities, resource fair, demonstration stage and food vendors. Walk the Fight & Run the Distance is presented by the Parkinson Network of Arizona and proceeds from the walk/run support the community outreach and wellness programs of the Muhammad Ali Parkinson Center at Barrow Neurological Institute.

Cost: \$45 per adult registering to walk includes shirt and medal; children age 2-15 are \$10 and includes shirt and medal. Children 2 and under are free. Runner fees vary please see website.

**\$25 early special if registered
before February 1, 2020**

Phone: (602) 718-7478 Register at www.walkthefight.com

Welcome to our Fall 2019 catalog

Enclosed you will find all of the programs we are offering this Fall to people with Parkinson's disease as well as their Caregivers.



Enrollment is Easy

Registration is Required

For Educational Classes, please call (602) 406-6903

For PD SELF please call (602) 406-3840.

For exercise and all other classes, please call (602) 406-3840

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Workshops

Workshops

Muhammad Ali Parkinson Center Expressive Art Workshops

Our expressive painting workshops invite people living with PD and their care partners to join an artistic journey with artist and college professor Gregory Pearce. Participants can improve their composition skills and painting approaches to a variety of subjects. At the same time they will have the opportunity to enter “the art zone” and experience a pleasurable and relaxed state of mindfulness. Other benefits include increased sense of achievement and reduced stress and anxiety levels.

This creative invitation is open to existing artists and new participants as well.

Instructor: Gregory Pearce

Cost: \$30 per person or \$50 per couple, for 5 sessions (materials are included)

Locations:

Sun City West

Lord of Life Lutheran Church
13724 W. Meeker Blvd.
Fridays, 10:00 – 11:30 am
Oct 18, 25 & Nov 1, 8, 15

Phoenix

Muhammad Ali Parkinson Center – Wellness Center
240 W Thomas Rd, Suite 302
Phoenix, AZ 85013
Thursdays, 10:00 – 11:30 am
Oct 17, 24, 31 & Nov 7, 14



Education



Education

PD 101

Parkinson's 101 is a 4-week seminar course, 2 hours each session, for people with Parkinson's disease and their families. The course covers basic neurology and the symptoms of Parkinson's disease, medication, nutrition, exercise, mind-body connections such as sleep disorders and depression, caregiving, how to talk to your doctor and any other topics of interest to the group.

In person: MAPC, Suite 301

Session 1: Fridays, 10 am – 12 pm,
Sept 13, 20, 27 & Oct 4

Session 2: Wednesdays, 5:30 – 7:30 pm,
Oct 16, 23, 30 and Nov 6

Online: Wednesday, 1:30 – 3:30 pm MST,
Sept 18, 25, Oct 2 & 9

Online registration is required by Sep 11

PD 202

PD 202 is offered to provide in-depth information and practical suggestions, concentrating on the most bothersome non-motor symptoms impacting quality of life in Parkinson's disease. Topics covered include fatigue and energy management, working through depression and anxiety, cognitive changes and keeping your relationships healthy and balanced. Like PD 101, PD 202 is a 4-week seminar course, 2 hours each session, for people with PD and their families.

Online: Wednesdays, 1:30 – 3:30 pm MST,
Nov 5, 12, 19 & 26

Online registration is required by Oct 30

For more information and to register:

Darolyn O'Donnell, CTRS
Darolyn.O'Donnell@DignityHealth.org;
(602) 406-6903

Education Session for those Newly Diagnosed with PD

If you or someone close to you has recently been diagnosed with Parkinson's disease, you are likely experiencing many emotions and have many concerns and questions. We are here to help you meet the challenge of PD with support, optimism and hope. We encourage you to attend this educational session for an overview on Parkinson's disease and the programs and support services available through the MAPC.

2nd Thursday of every month, 1:30–3:30 pm

For more information and to register:

Darolyn O'Donnell, CTRS
Darolyn.O'Donnell@DignityHealth.org;
(602) 406-6903

PD SELF (Self Efficacy Learning Forum)

PD SELF is a national program of Project Spark. This class is for people diagnosed with PD, three years or less, and their care partners. The class presents an in-depth understanding of the disease and the self-efficacy tools to manage it with confidence. This course meets monthly for eight consecutive months starting in September.

Fridays, 9:30 am–12:30 pm: Sept 27, Oct 25,
Nov 22, Dec 20, Jan 24, Feb 28, Mar 27, Apr 24

For more information and to register:

Please call Patty Hatton, CTRS at (602) 406-3840

Finding We with PD: Strengthening the Partnership Between Caregiver and Care Receiver

PD can be a formidable stressor in the life of a person with Parkinson's disease, their spouse and or caregiver, and the entire family. When stress is unrelenting and the couple is unable to manage it effectively, the stability of their relational bond



Education

may be threatened. This may result in diminished resilience. This workshop will concentrate on promoting a positive, constructive, collaborative couple relationship to forge resilience in order to bounce back and even bounce forward from adverse life challenges.

Please note: For the purposes of our proposed program, a couple is defined as a dyad encompassing not only spouses but other members of the family or close friends.

This program is supported by a community grant from the Parkinson’s Foundation.



Save the date: Friday, Apr 24

For more information and to register:
Darolyn O’Donnell, CTRS
Darolyn.O’Donnell@DignityHealth.org;
(602) 406-6903



PD 101 online

Wednesdays, Sept 18, 25 & Oct 2, 9
1:30 – 3:30 pm

Register:

Darolyn.ODonnell@DignityHealth.org
Register by Sept 11

PD 202 online

Wednesdays, Nov 5, 12, 19, 26
1:30 – 3:30 pm

Register:

Darolyn.ODonnell@DignityHealth.org
Register by Oct 30

Caregiver Education



Caregiver Education

Although caring for someone you love can be very rewarding, it is well known that care giving can be a challenging and demanding role, compounded further by limited information and resources. The following courses are designed to provide useful information, as well as interactive exercises and tools targeted toward promoting the well-being of the caregivers.

Caring for You, Caring for Me

This educational and support program for caregivers was developed through the Rosalynn Carter Institute for Caregiving. The program includes topics such as defining who is a caregiver, how to take care of yourself, build cooperative relationships, prevent and solve issues and problems, and develop resources to help fulfill your caregiver role. The class meets 90 minutes for 6 weeks and with the option to participate in person or online.

Wednesdays, 1:30-3:00 pm:

October 16, 23, 30, November 6, 13, & 20
Muhammad Ali Parkinson Center
240 W. Thomas Rd., Ste 302, Phoenix, AZ 85013

Instructors: Kris Watts and Joanne Ruelas

Registration is required.

Please call (602) 406-4921 to reserve your spot.

Thursday's, 10:30 am – 12:00 pm:

Oct 17, 24, 31, Nov 7, 14, 21

Online: a link will be emailed to you upon registration

Instructors: Kris Watts and Joanne Ruelas

Registration is required.

Please call (602) 406-4921 to reserve your spot.

The Caregiving Years: Six Stages to a Meaningful Journey

This three-part series, based on the book by Denise Brown, describes six stages of the caregiving journey. Each stage is based on the intensity of the caregiver experience in that stage. Participants will learn what to expect and what to do in each stage, how to prepare for the next stage, and how to overcome the unexpected mishaps along the way. The purpose of the book and this series is to arm family caregivers with information and action steps that will enable them to spend more time making the caregiving journey more meaningful for themselves, their loved one and others involved in the journey.

Instructor: Cyndi Guthrie

Registration is required.

Please call (602) 406-4921 to reserve your spot.

The Journey Begins: The Caregiving Years, Stages 1 & 2

The news that a loved one was diagnosed with Parkinson's disease is hard to hear. If you think you are most likely to be a primary caregiver your concern for your loved one can often be coupled with uncertainty about the role you will play as the disease progresses. "The Journey Begins" puts caregivers on a path of inquiry and preparation that reduces caregiver anxiety and lays a foundation for a healthier and more meaningful journey for the caregiver and their loved one.

Tuesday's, 1:00-3:00 pm:

Sept 10, 17, & 24
Muhammad Ali Parkinson Center
240 W. Thomas Rd., Ste 302
Phoenix, AZ 85013



Caregiver Education

The Caregiving Years: Six Stages to a Meaningful Journey

(continued)

Experiencing Weather: The Caregiving Years, Stages 3 & 4

As Parkinson's Disease progresses so does the role of the family caregiver. The move from providing occasional help as needed to being relied upon for daily living can feel a bit like you cannot get out of a torrential downpour. "Experiencing Weather" gives family caregivers tips on how to handle the storms and create a little sunshine for both of you.

Tuesday's, 1:00-3:00 pm:

Oct 8, 15, & 22

Muhammad Ali Parkinson Center
240 W. Thomas Rd., Ste 302
Phoenix, AZ 85013

Appreciating Purpose: The Caregiving Years, Stages 5 & 6

When people with Parkinson's and their family caregivers begin to sense that their journey together is coming to an end the Caregiver role changes from doing for their loved one to being with their loved one. During this season Family Caregivers shift from implementing end-of-life decisions, to mourning and grieving, to reconstructing their life without their loved one. "Finding Purpose" helps family caregivers contemplate on their experience as they discover the treasure of what they've given and who they've become, allowing this discovery to bring purpose in their new season.

Tuesday's, 1:00-3:00 pm:

Nov 5, 12, & 19


Muhammad Ali Parkinson Center
240 W. Thomas Rd., Ste 302
Phoenix, AZ 85013

Classes at MAPC



Muhammad Ali Parkinson Center | 240 W. Thomas Rd, Suite 302, Phoenix


Time	Monday	Tuesday	Wednesday	Thursday	Friday
9-9:30	PWR!Moves™ 1	Boxing 1/2 9:15-10:45	PWR!Circuit™		
9:30-10	9:00-10:00		9:00-10:00		
10-10:30	Yoga-Mat			Expressive Art 10-11:30	
10:30-11	10:00-11:00				
11-11:30	PWR!Moves™ 2		PWR!Moves™ 2		
11:30-12	11:00-12:00		11:00-12:00		
12-12:30					
12:30-1					
1-1:30	Music	Voice	LOUD Crowd®	P.A.R. for Park.	
1:30-2	1:00-2:00	1:00-2:00	1:00-2:00	1:00-1:55	
2-2:30	Boxing 4	PWR!Moves™ 3		PWR!Moves™ 3	
2:30-3	2:15-3:15	2:15-3:15	Tai Chi	2:00-3:00	
3-3:30			2:30-3:30		
3:30-4					
4-4:30					
4:30-5					
5-5:30					
5:30-6		Boxing 1 5:30-7:00		PWR!Moves™ 1	
6-6:30			5:30-6:30		
6:30-7					


 Music-Making-Connections: **Sept 9 - Dec 9**

 Voice: **Sept 3 - Dec 10**


 Loud Crowd: **Sept 4 - Dec 11**

 PWR!Moves™: 1-3: **Sept 4 - Dec 12**

 Boxing 1-4: **Sept 3 - Dec 10**

 PWR!Circuit™: **Sept 4 - Dec 11**

 Expressive Art: **Oct 17, 24, 31 & Nov 7, 14**

 Yoga-Mat: **Sept 9-Dec 9**

 P.A.R. for Parkinson's: Pay Attention-Take Action-See Results: **Sept 5 - Dec 12**

 Tai Chi: **Sept 4 - Dec 11**

Classes at The



Valley of the Sun JCC

12701 N. Scottsdale Rd.
(Scottsdale Rd south of Sweetwater)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9-9:30					
9:30-10					
10-10:30					
10:30-11					
11-11:30					
11:30-12	PWR!Circuit™ 2		PWR!2 11:30-		Cycling 11:30-
12-12:30	11:30-12:25	PWR!Moves™1	12:25	PWR!Moves™1	12:15
12:30-1		12-12:55	Cycling 12-12:45	12-12:55	Yoga 12-12:45
1-1:30		Boxing		Boxing	
1:30-2		1-1:45		1-1:45	
2-2:30					
2:30-3					
3-3:30					
3:30-4					

Chair Yoga

Starting Friday, Sept 6. Members: FREE. Guests: \$10 for a drop-in class. \$80 for a 10 class punch card.

Boxing

Members: \$100/ session, Guests: \$140/ session

PWR!

Members: FREE. Guests: \$10 for a drop-in class. \$80 for a 10 class punch card.

Cycling

Members: FREE. Guests: \$10 for a drop-in class. \$80 for a 10 class punch card.

Register for PWR!Moves™ 1, PWR!Moves™ 2, PWR!Circuit™, Boxing or Cycling through the J at 480-483-7121

We Move Warrior Program classes Mondays and Wednesdays 12-12:45

No Classes: Sept 30 Rosh Hashanah, Oct 9 Yom Kippur

Exercise



Exercise Classes

ART OF MOVING

This exercise class is based on the book Parkinson's Disease and the Art of Moving, by John Argue. The exercises are designed to help one anticipate, prevent and delay symptoms. They are targeted toward the symptoms that occur in most everyone with Parkinson's disease such as tremor, rigidity, uncertain balance, slowness and incomplete range of movement.

Fountain Hills

Fountain Hills Community Center
13001 N La Montana
Fridays, 9:00-10:00 am
Sept 6-Nov 15, 2019
Instructor: Melinda Theobald

Northeast Phoenix

Shiloh Community Church
19021 N 32nd St, Phoenix
Tuesdays, 9:00-10:00 am
Sept 3-Dec 3, 2019
Instructor: Christiana Dart

BOXING: KNOCK OUT PD

Downtown Phoenix

Muhammad Ali Parkinson Center
240 W Thomas Rd., suite 302

Knock Out PD Boxing is a non-contact exercise program aimed at alleviating symptoms of Parkinson's disease. Knock Out PD Boxing classes are done in a group setting to promote camaraderie and support to maintain long term participation in a high intensity workout program.

Boxing classes are divided into different levels based upon each person's overall abilities, skill, and fitness level. All potential boxers are required to complete an assessment to determine the class placement that would be of greatest benefit.

Please call Patty Hatton at (602) 406-3840 to schedule your assessment.

*There is a \$30.00 monthly fee for the boxing classes. Boxing is not included in the MAPC monthly pass.

Boxing 4

Mondays, 2:15-3:15 pm
Sept 9-Dec 9, 2019
Instructor: Patty Hatton

Boxing 1-2

Tuesdays, 9:15-10:45 am
Sept 10 -Dec 10, 2019
Instructor: Nicolas Abramowitz

Boxing 1

Tuesdays, 5:30-7:00 pm
Sept 3- Dec 10, 2019
Instructor: Nicolas Abramowitz

DANCE

The program is modeled on the Dance for PD® program developed by the exemplary Mark Morris Dance Company based in Brooklyn, NY. Participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative.

Phoenix

Ballet Arizona
2835 E Washington St
Fridays, 11:00 am-12:15 pm
Instructor: Debbie Braganza
Please call Debbie for details at (602) 381-0188

Northeast Phoenix

Bender Performing Arts
3141 E Beardsley Rd., Suite 110
Thursdays, 11:30 am-12:45 pm
Instructor: Debbie Braganza



Exercise

DANCE (continued)

Mesa

Mesa Center for the Arts
1 E. Main St. Mesa

Tuesdays, 11:30 am-12:30 pm thru Dec 21
Call (480) 644-6564 or email engagement@mesaartscenter.com to register

NEUROLOGICAL MUSIC THERAPY: MUSIC MAKING CONNECTIONS

Group NMT sessions specially designed for Parkinson’s disease, focus on rehabilitation and maintenance of movement, which includes fluency of movement, range of motion, and fluency of gait. The class will use music to activate more of the brain and keep attention skills sharp.

Downtown Phoenix

Muhammad Ali Parkinson Center
240 W Thomas Rd., Suite 302
Mondays, 1:00-2:00 pm
Sept 9-Dec 9, 2019
Instructor: Sarah Cowan

PWR!MOVES™

PWR!Moves™ is a group exercise approach that specifically targets PD symptoms of slow/small movements. Participants will learn how to use high effort, muscle activation for bigger movements, better posture, balance, and everyday FUNction such as walking, turning, rising from a chair, or floor, and speaking.

PWR!Moves™ 1: This class is of high intensity with little time between transitions, with exercises done from a standing or walking position. Participants can ambulate without support, get up and down from the floor without assistance, and work at a fast pace with high intensity, both cognitively and physically.

PWR!Moves™ 2: This class is of moderate

intensity with exercises done from a standing and walking position. Participants walk without an assistive device and can get up and down from the floor independently, or with minimal support.

PWR!Moves™ 3: This is a class with exercises performed primarily in a chair or standing with extra support. This class is designed for people who do best in a supported environment with accommodations to maximize the benefits of exercise.

**All PWR!Moves™ 3 participants at risk for falls must be accompanied by a caregiver.*

Downtown Phoenix

Muhammad Ali Parkinson Center
240 W Thomas Rd., Suite 302
Phoenix, AZ

*All PWR!Moves™ participants at the MAPC location must complete an assessment for class placement prior to starting class. Please call Patty at (602) 406-3840 to schedule a time for your assessment.

Mondays, PWR!Moves™1, 9:00-10:00 am,
Sept 9 -Dec 9, 2019

PWR!Moves™2, 11:00 am-12:00 pm,
Sept 9 -Dec 9, 2019

Tuesdays, PWR!Moves™3, 2:15-3:15 pm,
Sept 3 -Dec 10, 2019

Wednesdays, PWR!Circuit™, 9:00-10:00 am,
Sept 4-Dec 11, 2019

PWR!Moves™2, 11:00 am -12:00 pm,
Sept 4-Dec 11, 2019

Thursdays, PWR!Moves™3, 2:15-3:15 pm,
Sept 5-Dec 12, 2019

Fountain Hills

Fountain Hills Community Center
13001 N La Montana

Exercise



Fountain Hills (continued)

PWR!Moves™

Fridays, 10:00-11:00 am,

Sept 6-Dec 13, 2019

Instructor: Melinda Theobald

Sun City West

Shepherd of the Hills United Methodist Church

13658 Meeker Blvd

PWR!Moves™ 3

Mondays, 10:15-11:15 am,

Sept 9-Dec 9, 2019

Instructor: Therese Abair

TAI CHI

Tai Chi, based on ancient Chinese exercise, is an experience of physical, mental and spiritual well being. Tai Chi is a series of individual dance like movements linked together in a continuous, smooth-flowing sequence.

Phoenix

Muhammad Ali Parkinson Center

240 W Thomas Rd., Suite 302

Wednesdays, 2:30-3:30 pm

Sept 4-Dec 11, 2019

Instructor: David Block

Northeast Phoenix

Shiloh Community Church

19021 N 32nd St

Mondays, 2:30-3:30 pm

Sept 9-Dec 9, 2019

Instructor: Christiana Dart

VOICE CLASSES

Voice Class: Changes in voice, speech and swallowing are common to people with Parkinson's disease. This voice class will teach you how to improve your voice quality and communication through proper breathing and

posture, articulation, tone, and facial expression. Weekly group sessions are led by a speech-language pathologist.

The LOUD Crowd®: The LOUD Crowd® is designed for people who have completed SPEAK OUT!® or LSVT LOUD within the last 9 months. This maintenance program consists of weekly group sessions led by a speech-language pathologist. The SPEAK OUT!® exercises are performed, and group members provide support, encouragement, and accountability to one another.

Downtown Phoenix

Muhammad Ali Parkinson Center

240 W Thomas Rd., suite 302

Voice Class

Tuesdays, 1:00-2:00 pm

Sept 3-Dec 10, 2019

Instructor: Tara Chay

LOUD Crowd®

Wednesdays, 1:00-2:00 pm

Sept 4-Dec 4, 2019

Instructor: Therese Uthke

YOGA

Mat Yoga: A more advanced yoga practice incorporating standing poses, balance and strengthening work. Participants are able to get up and down from the floor independently and follow verbal instructions independently.

Downtown Phoenix

Muhammad Ali Parkinson Center

240 W Thomas Rd., Suite 302

Mat Yoga

Mondays, 10:00-11:00 am

Sept 9-Dec 9, 2019

Instructor: Jordon Staenberg



Calendario de Actividades en Español

El programa de **Servicios en Español** del **Muhammad Ali Parkinson Center** ofrece a las familias hispanas el programa más completo del país para aprender a vivir mejor con la enfermedad de Parkinson (EP).

A continuación les compartimos una lista de algunas de las actividades que estaremos llevando a cabo en la segunda mitad del 2019.

Para mayor información o para inscribirse, llame a Claudia Martinez al (602) 406-2453.

Educación

Los desayunos del párkinson 2ª parte:

Las personas con enfermedad de Parkinson (EP) y sus familiares aprenderán información práctica sobre los síntomas no motores del párkinson: fatiga o cansancio, depresión y ansiedad, cambios en las funciones cognitivas, entre otros temas. No es requisito haber asistido a la 1ª parte de los desayunos del Parkinson para poder participar.

Jueves de 9:00 a 11:30 am: 5, 12, 19, 26 de septiembre y 3 de octubre
Muhammad Ali Parkinson Center, 240 W Thomas Rd, Salón de Conferencia B

Herramientas poderosas para los familiares

Este taller es sólo para los familiares, no para las personas con párkinson, y se dicta 1 vez a la semana por 6 semanas seguidas. Cada sesión dura 2 horas. Aprenderás a reducir el estrés, equilibrar tu vida y comunicarte mejor con la persona enferma y con el resto de la familia.

Miércoles de 9:30 a 11:30 am: 9, 16, 23, 30 de octubre y 6, 13 de noviembre
Muhammad Ali Parkinson Center, 240 W Thomas Rd, Salón de Conferencia A

Programas Recreación y ejercicio

Yoga para todos: clase de yoga en silla que incorpora estiramientos, respiración profunda y ejercicios para mejorar la postura, el equilibrio y el fortalecimiento muscular al tiempo que se trabaja la concentración mental y la relajación.

Lugar: Phoenix
Beatitudes Campus, 1610 W. Glendale Ave. Salón Great Hall

Fecha y Hora: sábados: 9:30 a 10:30 am
Del 7 de septiembre al 14 de diciembre

“Voces Unidas”: coro para latinos con párkinson y sus familiares

Este entusiasta y divertido programa está dirigido a personas con párkinson y sus familiares. Al son de los ritmos latinos, buen humor y positivismo podrás fortalecer tu voz, mantener tu comunicación, ejercitar tu cerebro y socializar en un ambiente de compañerismo.

Calendario de Actividades en Español



Lugar: Phoenix
Beatitudes Campus 1610 W. Glendale Ave. Salón Great Hall

Fecha y Hora: sábados: 10:30 am a 12:30 pm
Del 7 de septiembre al 14 de diciembre

Grupos participativos

Comadres/Compadres

Un espacio para compartir, involucrarse en talleres de manualidades, informarse con presentadores invitados e interactuar con otras personas que viven con la enfermedad de Parkinson ya sea como pacientes o como familiares.

Lugar: **Phoenix:** Muhammad Ali Parkinson Center, Suite 302, Phoenix, AZ 85051
1er viernes del mes de 9:00 am a 12:00 pm: 6 de septiembre, 4 de octubre, 1º de noviembre, 6 de diciembre

Lugar: **Tempe:** Pyle Adult Recreation Center, 655 E. Southern Avenue, Tempe
1er jueves del mes de 4:30 a 6:30 pm: 5 de septiembre, 3 de octubre, 7 de noviembre, 5 de diciembre

FECHAS IMPORTANTES. ¡ANÓTALAS EN TU CALENDARIO!

Gala Cultural del Parkinson: Una noche peruana!

Sábado 28 de septiembre, 6:00 a 9:00 pm., St. Mary's Basilica Hall, 231 N 3rd St, Phoenix, AZ 85004
Una velada para fortalecernos como comunidad y recaudar fondos a beneficio de los programas comunitarios del Muhammad Ali Parkinson Center.
Compra tus boletos o recibe más información en el (602) 463-4425

Exposición Anual de Arte y Parkinson Bruce Florence

Viernes 1º de noviembre de 6:00 a 9:00 pm en Olney Gallery at Trinity Cathedral, 100 W Roosevelt St, Phoenix AZ 85003-Estacionamiento en el *Cathedral Parking* garage (frente a la galería de arte, lado norte)
Los artistas interesados en participar pueden solicitar un formato de inscripción a claudia.martinez001@dignityhealth.org o llamar al (602) 406-2453 antes del 1º de octubre.

Festival Día de los muertos de St. Mary's Basilica con Voces Unidas

10:00 am a 5:00 pm, Domingo 3 de noviembre en la plaza de la basílica, 231 N 3rd Street, Phoenix, AZ 85004
Entrada gratuita, música en vivo, venta de comida, manualidades, mesas de información y actividades para toda la familia.

Picnic de la Familia- Domingo 17 de noviembre en Kiwanis Park, 5500 S Mill Avenue, Tempe
Celebremos juntos el mes del cuidador con toda la familia. ¡Tendremos valiosa información y actividades participativas para todos! Es requisito inscribirse previamente llamando al (602) 463-4425.



Non-MAPC Sponsored Classes

Non-MAPC Sponsored Programs

The following Art of Moving classes are also available in the valley at the following locations. The Muhammad Ali Parkinson Center does not directly sponsor these classes. If you are interested please call the appropriate contact. Class fees vary.

Anthem

Exercise **PWR!Moves™**: Tuesdays and Thursdays, 1:00-2:00 pm
Anthem Golf and Country Club/Persimmon Fitness Center
2708 W Anthem Club Dr, Anthem
Instructor and details: Denise Stansberry at (623) 570-1011

Gilbert

Exercise **Banner Neuro Wellness**
An exercise & enrichment facility for those with PD
Heritage Building, 207 N. Gilbert Road, Suite 205, Gilbert, AZ
Details: Annette Kluge at (480) 827-5800

Sun City

Exercise **Banner Neuro Wellness West**
An exercise & enrichment facility for those with PD
Sun Health Research Institute
10515 W. Santa Fe Dr., 1st floor, Sun City, AZ 85351
Details: Melissa Theobald at (623) 832-2046

Sun City & Scottsdale

Singing and Voice **Tremble Clefs**
Tremble Clefs is a nation-wide singing program for people with Parkinson disease and their partners. Participation in a Tremble Clefs singing program can help address voice and communication problems through breathing, stretching and posture activities, vocal exercise, rhythm and movement, and a strong social support system.

Tremble Clefs, Wednesdays, 10:00 am-12:00 pm
Contact: Choir Director Sun Joo Lee at (480) 274-3206 to confirm class dates.
Shepherd of the Desert Lutheran Church, 11025 111th Ave., Sun City

Tremble Clef Choir, Thursdays, 4:00-6:00 pm
Granite Reef Senior Center, 1700 N Granite Reef Rd.
Contact/Call Faith Blenkle to confirm dates at (480) 991-0451

Troon Tunes Singing and Voice
2nd and 4th Tuesday of the month, 1:30-2:30 pm
Desert Mission United Methodist Church, 7373 E Dixileta Dr., Scottsdale
Call Sun Joo Lee at (480) 274-3206 or Marilyn Ware at (480) 488-8538

PD Support Groups



Please contact the Support Group Coordinator prior to attending your first meeting to ensure correct meeting times and dates.

East Valley

Ahwatukee

Mountain Park Senior Living
4475 E Knox Rd, Phoenix, AZ
1st Friday of the Month,
10:30 am-12:00 pm
Contact Kris Watts at
(602) 406-4921 or
Kristina.Watts@dignityhealth.org

Chandler

Dignity Health East Valley
Rehabilitation Hospital
1515 W. Chandler, AZ 85224
3rd Thursday of the Month,
10:00-11:30 am
Contact Kris Watts at
(602) 406-4921 or
Kristina.Watts@dignityhealth.org

Gilbert

Mercy Gilbert Medical Center
3555 S. Val Vista Dr.
Gilbert, AZ 85297
1st Monday of the Month,
10:30 am-12:00 pm
Contact Kris Watts at
(602) 406-4921 or
Kristina.Watts@dignityhealth.org

Mesa

Red Mountain Multigenerational
Center
7550 E Adobe Rd, Mesa, AZ 85207
1st Monday of the Month,
1:30-3:30 pm
Contact Kris Watts at
(602) 406-4921 or
Kristina.Watts@dignityhealth.org
(2:30-3:30 *Caregiver breakout group*)

Scottsdale

Desert Mission United Methodist
Church
7373 E Dixileta, Scottsdale, AZ
1st Thursday of the Month,
10:30 am- 12:00 pm
Contact Kris Watts at
(602) 406-4921 or
Kristina.Watts@dignityhealth.org

Valley of the Sun Jewish
Community Center
12701 N Scottsdale Rd
Scottsdale, AZ 85254
2nd Friday of the Month,
11:00 am- 12:30 pm
Contact Patty Hatton at
(602) 406-3840 or
Patty.Hatton@dignityhealth.org

*Newly Diagnosed Support Group
(This group is for those diagnosed
within the last three years)*

Valley of the Sun Jewish
Community Center
12701 N Scottsdale Rd,
Scottsdale, AZ 85254
2nd Friday of the Month,
9:00- 10:30 am
Contact Patty Hatton at
(602) 406-3840 or
Patty.Hatton@dignityhealth.org

PD Women's Support Group

Maravilla Scottsdale
7325 E. Princess Blvd.,
Scottsdale, AZ 85255
4th Wednesday of the Month,
5:30- 7:00 pm
Contact Sheryl Lowenhar
(201) 741-5952 or
slowenhar@gmail.com

*Caregiver Support Group (for
caregivers only)*

Encompass Health Rehabilitation
Hospital

9630 East Shea Boulevard,
Scottsdale, AZ 85260
4th Friday of the Month,
10:00 am- 12:00 pm
Contact Danah Flanagan at danah.
flanagan@hospicewestaz.com

Fountain Hills

Fountain Hills Community Center
13001 N LaMontana Dr,
Fountain Hills, AZ 85268
First Wednesday of the Month,
9:30-11:00 am
Contact Peggy and Ron
(480) 677-6515

Fountain Hills Community Center
13001 N LaMontana Dr,
Fountain Hills, AZ 85268
1st Monday of the Month,
10:30 am-12:00 pm
Contact Jim (480) 209-8755

Globe

St. John's Episcopal Church
185 E. Oak St., Globe, AZ 85501
1st and 3rd Friday of the Month,
10:00 -11:30 am
Contact Kris Watts at
(602) 406-4921 or
Kristina.Watts@dignityhealth.org

Phoenix

North Central

Duet AZ
10000 N 31st Ave Suite D200
Phoenix, AZ 85051
2nd Wednesday of the Month,
1:30-3:00 pm
Contact Kris Watts at
(602) 406-4921 or
Kristina.Watts@dignityhealth.org



PD Support Groups

Muhammad Ali Parkinson Center
Evening Support Group
Conference Room B
240 W Thomas Rd.,
Phoenix, AZ 85013
4th Tuesday of the month,
5:30-7:00 pm
Contact Patty Hatton at
(602) 406-3840 or
Patty.Hatton@dignityhealth.org

Lewy Body Dementia/Parkinson
Disease Dementia
240 W. Thomas Rd, Ste. 302,
Phoenix, AZ 85013
2nd Friday of the Month,
10:00- 11:30 am
Contact Darolyn O'Donnell at
(602) 406-6903 or Darolyn.
Odonnell@dignityhealth.org

West Valley

Anthem
North Valley Regional Library
40410 N. Gavilan Peak Parkway
(on the Boulder Creek High School
campus)
1st Saturday of the month,
10:30 am-12:00 pm
Contact: Robb Young at
youngrobb@yamil.com or
(303) 656-3128.

Surprise/Sun City Grand
Cimarron Center
17100 West Clearview Boulevard,
Surprise, Arizona
1st Tuesday of the Month,
10:00-11:30 am
Contact Patty Hatton at
(602) 406-3840 or
Patty.Hatton@dignityhealth.org

Glendale
HealthSouth Rehab Hospital
Glendale
13460 N. 67th Ave, Glendale, AZ
2nd and 4th Tuesday of the
Month, 1:00-2:00 pm
Contact Trent Tripp or Rose
O’Gorman at (623) 878-8800

Avondale/ Goodyear

Carepartner Wellness
(*This group is for carepartner’s only*)
Christ Evangelical Church
918 S. Litchfield Rd, Goodyear, AZ
2nd Thursday of the Month,
10:00- 11:00 am
Contact Kathy Allin at Duet
(602) 274-5022

Southern Arizona

Casa Grande
Robson Ranch Conference Center
5687 N. Robson Blvd, 85131
Call for meeting schedule. Group
is based part time in person and via
online forum
1st Friday of the Month,
1:30- 3:00 pm
Contact Kris Watts at
(602) 406-4921 or
Kristina.Watts@dignityhealth.org

Yuma
Daybreakers Café
10800 E Frontage Rd,
Yuma, AZ 85367
1st Monday of the Month,
9:00- 11:00 am
Contact Beverly at (928) 246-2876

Florence
2nd Wednesday of the Month,
10:30 am-12:00 pm

Call for Location
Contact Kris Watts at
(602) 406-4921 or
Kristina.Watts@dignityhealth.org

Northern Arizona

Prescott
First Lutheran Church
231 W. Smoke Tree Lane,
Prescott, AZ 86301
3rd Thursday of the Month,
10:00-11:30 am
Contact Kay Bolander at
(928) 778-2242

Prescott Caregiver Group
First Lutheran Church
231 W. Smoke Tree Lane,
Prescott, AZ 86301
2nd Tuesday of the Month,
10:00-11:30 am
Contact Kay Bolander at
(928) 778-2242

Verde Valley
Verde Valley Medical Center
Outpatient Rehab Services-
Conference Room
2nd Friday of the Month,
3:00-4:00 pm
Contact Judy Talley at
(928) 202-7952

Western Arizona

Lake Havasu
Community Presbyterian Church
3450 Chemehuevi Blvd, Lake
Havasu City, AZ 86406
2nd Wednesday of the month,
1:00-2:00 pm
Contact Nancy (928) 855-5950
(Alzheimer / Dementia
Connection of Lake Havasu)

Registration & Fees



Registration Information

All classes require pre-registration. Registering for exercise is easy—simply call (602) 406-3840. If you reach voice messaging, please leave a message with your phone number including your area code.

Please note:

Register for Educational Classes by calling (602) 406-6903.
For PD SELF and all other classes please call (602) 406-3840.

Class Fees

All exercise classes are \$5.00 per class. You may pay by cash or check. We do not take credit cards and are not capable of billing for payments.

MAPC Monthly Pass

Monthly passes are available for those participating in classes at the Muhammad Ali Parkinson Center location. The \$30.00 monthly pass fee covers unlimited classes at the MAPC only; providing the class is not capped by attendances and the participant meets class criteria. Knock Out PD Boxing is a \$30.00 fee and not included in the MAPC monthly pass.

Please note:

If paying for classes by check, please make checks payable to “MAPC”.