

APDA MIDWEST SUPPORT AND EXERCISE GROUPS

Rev. 5/4/16

Type	Meeting City	Support / Exercise/Aquatic Group Details
Support Gp.	Arlington Heights, IL	Korean American Support Group Arlington Heights Senior Center 1801 W. Central Road Arlington Heights, IL 60005 Monthly 2nd Saturday 10am-Noon Rosa Kim 630-400-4082 rkim496@gmail.com
Support Gp.	Arlington Heights, IL	NCH Hospital Arlington Heights Senior Center, IL 60005 Monthly 3rd Wed 6:30-8pm RSVP to 847-618-3880 Karuna Maddava kmaddava@gmail.com or Seema Ganjawalia 847-618-7790 sganjawa@nch.org
Support Gp.	Aurora, IL	PD Support Group at Rush-Copley Rush Copley Medical Center, Heart Institute 2000 Ogden Avenue Aurora, IL 60504 Monthly 1st Wed. 10-11:30am Donna Sperlakis 630-499-6619 donna.sperlakis@rushcopley.com
Support Gp.	Barrington, IL	Barrington Area Council On Aging 6000 Garlands Lane Barrington, IL 60010 2nd Tuesday 1-2:30pm Bonnie Scherkenbach 847-381-3050 bscherkenbach@bacoa.org Sue McNamara smcnamara@bacoa.org
Support Gp.	Belleville, IL	SWIC-PSOP 201 N. Church Street Belleville, IL 62220 Monthly 2nd Monday 1:30-2:30pm Jodi Gardner 618-234-4410 Ext. 7031 jodi.gardner@SWIC.edu
Support Gp.	Bloomington, IL	St. John's Lutheran Church 1618 E. Emerson St. Bloomington, IL 61701 Monthly 3rd Tuesday 1pm No meetings in Nov. or Dec. Bob Howard 309-557-8240 popshoward22@gmail.com Roger Halleen 309-699-7394 roghfish@comcast.net
Support Gp.	Carbondale, IL	Southern IL Healthcare Enterprises Dr. Hamilton 618.543.7507 1239 E. Main Street Carbondale, IL 62901 Carol ne 618.457.5200 WH4039@gmail.com Monthly 1st Wed 3:00 pm Meetings held in Conf. Rooms B&D

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Support Gp.	Champaign, IL	<p>Champaign County Parkinson's Support Group Savoy United Methodist Church 3002 W. Old Church Road Champaign, IL 61821</p> <p>Weekly Mondays 10-11am Charles Rohn 217-549-6167 carohn@sbcglobal.net Chuck Arbuckle 217-586-3100</p>
Support Gp.	Chicago, IL	<p>Mather's More Than A Café 33 E. 83rd Street Chicago, IL 60619</p> <p>Monthly 2nd Saturday 11:30am - 1pm Register in advance at 773-488-2801 Edna Drake suzyq287@sbcglobal.net</p>
Support Gp.	Chicago, IL	<p>Northwestern Memorial Hospital 251 E. Huron, 3rd floor, Room A Chicago, IL 60611</p> <p>Monthly 1st Tues. 11am -2pm Call for an hour by hour schedule Pamela Palmentera 312-503-4397 ppalment@nmff.org</p>
Support Gp.	Chicago, IL	<p>Parkinson Support Group St. Joseph Hospital 2900 N. Lake Shore Drive Chicago,IL 60657 Meeting Third Tuesday each month 4-5:00pm Linda McGovern 847.695.3200 x3374 Linda.Mcgovern@PresenceHealth.org Sue Blosser Co-Leader susan.blosser@presencehealth.org</p>
Support Gp.	Chicago, IL	<p>Presence Resurrection Medical Center 7262 W. Peterson Avenue Terrace Room Chicago, IL 60631</p> <p>Monthly 3rd Wed. 1-3pm Shelia Pepple 773-774-8000 x 6211 speppler@Presencehealth.org Judy Ward 773.636.5837</p>
Support Gp.	Crown Point, IN	<p>Marian Education Center at St. Anthony's Hospital 1201 S. Main Street Crown Point, IN 46307</p> <p>First Monday of every month 4-6pm Andrea Dance 219-663-5953 andreaaha222@sbcglobal.net</p>
Support Gp.	Decatur, IL	<p>Westminster Church 1380 W. Main Decatur, IL</p> <p>Monthly 3rd Thursday 1:30pm Jon Kileen jwkileen@gmail.com 217-620-8702</p>

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Support Gp.	DeKalb, IL	DeKalb Support Group DeKalb Senior Center 330 Grove Street DeKalb, IL 60178 3rd Tuesday Monthly 1:30pm - 4pm Carol Reed 815-762-6293 P. O. Box 12 Malta, IL 60150 Mary McIllece 847-420-0386 mmcillece@visitingangels.com
Support Gp.	Des Plaines, IL	Frisbie Senior Center 50 Northwest Highway Des Plaines, IL 60016 Meeting monthly 4th Tuesday 10:00 - 11:00am Maureen Brennan 847-653-3064 mbrennan@rainbowhospice.org Nancy Flowers Nflowers@rainbowhospice.org
Support Gp.	Deerfield, IL	North Suburban Evangelical Free Church 200 Lake Cook Road Deerfield, IL 60015 1st and 3rd Saturday 9-12am Rachael Birchard 847-945-2514 ktbirchard@aol.com Robert Bloss@sbcglobal.net Ron Sackheim kathys429@aol.com
Support Gp.	Dixon, IL	KSB Hospital PD Support Group Town Square Center 102 S. Hennepin Avenue Dixon, IL 61021 Monthly 2nd Thursday 1-2:30pm Use Parking Lot Entrance on 2nd St. Ann Hilliard 815-285-5575 ahilliard@ksbhospital.com
Support Group	Elgin, IL	Parkinson Support Group St. Joseph Hospital 77 North Airlite Street Elgin, IL 60123 Meeting Third Tuesday each month 4-5:00pm Linda McGovern 847.695.3200 x3374 Linda.McGovern@PresenceHealth.org Sue Blosser Co-Leader Email: Susan.Blosser@PresenceHealth.org
Support Gp.	Elk Grove Village, IL	Alexian Brothers Neurosciences Institute 800 Biesterfield Road "The Eberle Building - Suite 610" Elk Grove Village, IL 60007 Monthly 3rd Tuesday 7pm Paula Wiener 847-516-2768 pmwiener@sbcglobal.net
Support Gp.	Elmhurst, IL	Elmhurst Hospital Support Group attendees should use the main entrance. Third Floor Family Lounge 155 E Brush Hill Rd Elmhurst, IL 60126 Meets every 4th Thursday of each month 1PM to 2:30PM Joel Morris Ed.D elmhurstparkinson.group@gmail.com 630-432-0232

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Support Gp.	Ft. Wayne, IN	<p>Ft. Wayne PD Support Group Turnstone Center 3320 N. Clinton St. Ft. Wayne, IN 46805</p> <p>Monthly 3rd Thursday 7pm **No meeting in Dec.** Dan Spangler 260-486-4893 dspangler16@frontier.com</p>
Support Gp.	Geneva, IL	<p>Fox Valley Area PD Support Group Delnor Community Hospital 300 Randall Road Geneva, IL 60134</p> <p>Monthly 3rd Saturday 10:30am Kathy Hanlon 630-761-9750 kkhanlon@sbcglobal.net</p>
Support Gp.	Glen Ellyn, IL	<p>Brookdale Glen Ellyn 60 N. Nicoll Avenue Glen Ellyn, IL 60137</p> <p>Monthly 3rd Tuesday 10-11:30am **3rd Tues. is for caregivers & patients** Linda Peterson 630-446-1527 LMPete3@gmail.com</p>
Support Gp.	Glenview, IL	<p>Glenbrook Hospital 2100 Pfingsten Road Glenview, IL 60026 847.657.5800 Diane Mattson RN 847.570.2570 Monthly 3rd Thursday 2-3:30pm</p>
Support Gp.	Gosehn, IN	<p>Greencroft Senior Center 1820 Greencroft Blvd. Gosehn, IN 46526</p> <p>Monthly 4th Friday 10am Carol Scribner 574-537-4105 carols@greencroft.org</p>
Support Gp.	Greenville, IL	<p>Senior Center 1001 E. Harris Avenue Greenville, IL 62246</p> <p>Monthly 2nd Monday 1pm Anna Oestrich 618-664-1405 x102 anna.oestrich@bondsensiors.org</p>
Support Gp.	Hammond, IN	<p>St. Margaret's Hospital 5454 Hohman Avenue Hammond, IN 46320</p> <p>Monthly 1st Saturday 2-4pm Kerry & Ramona Mitchell 219-228-6434 monak1@aol.com</p>

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Support Gp.	Hazelcrest, IL	South Suburban Hospital 17800 Kedzie Avenue Hazelcrest, IL 60476 Monthly 2nd Wednesday 1-3pm Robert Reiser 815-717-8860 breiser54@yahoo.com
Support Gp.	Joliet, IL	Joliet Provena Physical Rehab & Sports Injury Center 2132 Jefferson Joliet, IL 60435 Weekly 3rd Wed. 6-7:30pm For info call: 815-725-9438 Mary Gniady, RN 815-741-7562
Support Gp.	Kankakee, IL	Riverside Medical Center 350 N. Wall Kankakee, IL 60901 Monthly 1st Wed. 10-11am Meetings held in Rooms A & B Marian Wulffe 815-932-6871 marianbigfoot@yahoo.com
Support Gp.	Kewanee, IL	OSF Saint Luke Medical Center 1051 W. South Street P.O.Box 747 Kewanee, IL 61443 Meeting on Third Thursday each month 5:00 to 6:00 pm Co-Leaders Lisa Salisbury 309.852.7941 Lisa.R.Salisbury@OSFHealthcare.org Breanne Cinnamon 309.852.7936 Breanne.H.Cinnamon@OSFHealthcare.org
Support Gp.	La Porte, IN	Brentwood Assisted Living Center 202 Andrews Avenue LaPorte, IN 46350 Monthly 3rd Tuesday 2:30pm Chaplin Ray Francis 219.325.7607 RFrancis1@IUH.org
Support Gp.	Lake Barrington, IL	Lake Barrington Woods 22320 Classic Court Lake Barrington, IL 60010 847.342.8900 Monthly 1st Thursday 3pm Pam Labuda 847-842-8900 Marketing Manager plabuda@seniorlifestyle.com
Support Gp.	Lake Forest, IL	Northwestern Medicine - Lake Forest Hospital Health & Fitness Center - Conference Room 1200 North Westmoreland Road Lake Forest, IL 2nd Wednesday of each month 10am - noon Call: Trish Osterman PT, MS Rehabilitative Services Dept. 847-535-8060

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Support Gp.	Lena, IL	<p>Good Shepherd Lutheran Church 118 E. Mason Street Lena, IL 60148</p> <p>Monthly 2nd Mon. 1:30pm March to November: Monday varies</p> <p>Marion Fahre 815.367.3961 Carol Griffin 815.947.2208</p>
Support Gp.	Libertyville, IL	<p>Lake County Parkinson's Group Condell Medical Center 801 S. Milwaukee Avenue Libertyville, IL 60048</p> <p>Monthly 4th Wednesday 7-9pm Wayne Zumstein 847-840-5700 wzumstein@att.net</p>
Support Gp.	Lombard, IL	<p>Beacon Hill Retirement Community 2400 S. Finley Road Lombard, IL 60148</p> <p>Monthly 3rd Friday 11:00am Jane Indreika 630-691-7633 jane.indreika@lifespacecommunities.com Bob Maxey 630-953-9315 jmmmaxey@comcast.net</p>
Support Gp.	Macomb,IL	<p>Support Group The Elms 1212 Madelyn avenue Macomb, IL 61455 Monthly 2nd Thursday at 6:30 pm Katie Webb 309.221.9888 katherinewebb22@gmail.com</p>
Support Gp.	Mattoon, IL	<p>Sara Bush Hospital 500 Health Center Drive Mattoon, IL 61938 Monthly last Tuesday 1pm Kay McDade 217-258-4040 kmcdade@sblhs.org</p>
Support Gp.	Merrillville, IN	<p>Methodist Hospital Southlake Campus Pavillion D, Room 162 303 E. 89th Avenue Merrillville, IN 46410</p> <p>3rd Tuesday Monthly Noon - 1:30pm Andrea Dance 219-663-5953 andreaaha22@sbcglobal.net</p>
Support Gp.	Mt. Vernon, IL	<p>Greentree Retirement Center 208 Zachary, 2nd Floor Mt. Vernon, IL 62864</p> <p>Monthly 4th Thursday 6:30 Donna Peacock 618-315-1684 dpeac38@yahoo.com</p>

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Support Gp.	Munster, IN	Community Hospital Cafeteria - Conference Room #1 901 MacArthur Blvd. Munster, IN 46321 Last Thursday Monthly 1-3pm Andrea Dance 219-663-5953 andreaaha222@sbcglobal.net
Support Gp.	Niles, IL	Brookdale Niles 8975 W. Golf Road Niles, IL 60714 Monthly Contact: Annalee Strasburg: astrasburg@brookdale.com 847-296-0333
Support Gp.	Northbrook, IL	Brandel Care Center 2155 Pfungsten Road Northbrook, IL 60062 Meetings 1st and 3rd Wednesday of the month at 9:00am to 11:00am Tom Hoepfner 847.509.0927 Tomhoe@comcast.net
Support Gp.	Northfield, IL	North Shore Senior Center 161 Northfield Road Northfield, IL 60093 Weekly Wed. 1-2pm Tierney Wilson 847-784.6040 twilson@nssc.org Heather Resnick 847.784.6041 MA Caregiver Specialist hresnick@nssc.org
Support Gp.	Notre Dame, IN	Michiana PD Support Group Holy Cross Village Campus 54515 Indiana 933 Brother William Geenan Hall Notre Dame, IN 46556 Monthly 1st Monday 12:30-2:30pm Meet all months except January / July / August Dawn Hatch 574-350-0861 dhatch4723@hotmail.com
Support Gp.	Oak Park, IL	Oak Park Hospital 520 S. Maple Avenue - 2nd Floor Oak Park, IL 60304 Monthly 2nd Saturday 9:30am to Noon No Meeting in August Lucia Blasucci, RN 312-563-2900 lucia_blasucci@rush.edu
Support Gp.	Peoria, IL	OSF Prompt Care-Glen Park 5114 N. Glen Park Place Peoria, IL 61614 Monthly 1st Saturday 1:30-3:30pm *Except on Holiday Weekends Roger & Barb Halleen 309-699-7394 roghfish@comcast.net Bruce Colley 309-692-6449 6m7colley@att.net

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Support Gp.	Rockford, IL	Wesley Willows 4141 N. Rockton Avenue Rockford, IL 61103 Monthly 2nd Wednesday 10am Faye Ford 815-885-4897 flf7@frontier.com
Support Gp.	Spring Valley, IL	St. Margaret's Hospital 600 E. 1st Street Spring Valley, IL 61362 Monthly 1st Monday 1:30-3:30pm Donna Sabatini RN Mike and Sue English 815-434-7114 mikesue72@sbcglobal.net
Support Gp.	Springfield, IL	St. John's Rehabilitation at FitClub South 3631 South 6th St. #C Springfield, IL 62704 3rd Sunday of odd number months at 2pm Jan, March, May, July, Sept., Nov. Kelly Neumann 217-483-7300 kelly.neumann@hshs.org
Support Gp.	St.Charles, IL	Delnor Senior Living Part of Northwestern Medicine 975 N. 5th Avenue St.Charles, IL 60174 Elizabeth Wiggins 630.443.8220 elizabeth.wiggins@cadencehealth.org Meets 3rd Saturday of the month 10:30 am to Noon (Except June & December meet Off-Site for social gathering.)
Support Gp.	Sterling, IL	Good Neighbor Care PD Support Group Good Neighbor Care 2705 Avenue E Sterling, IL 61081 Monthly 4th Wed. 2-3:30pm Stephanie Dennis 815-499-3691 sdennis@goodneighbor.com
Support Gp.	Valparaiso, IN	Porter-Education & Rehab Center 1401 Calumet Avenue Valparaiso, IN 46383 Monthly on Wed. 1-2:30pm *Call for meeting info *Schedule varies Steve Beach 219-263-7203 steve.beach@porterhealth.com

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Support Gp.	Vandalia, IL	Fayette County Hospital 650 W. Taylor Vandalia, IL 62471 Monthly Last Tuesday 1pm Charlene Pryor 618-283-4633 justpokie@gmail.com
Support Gp.	Vernon Hills, IL	Brookdale Hawthorn Lakes 10 E. Hawthorn Parkway Vernon Hills, IL 60061 Monthly 3rd Wednesday 1pm Laurel Moffott 847-996-1706 lmoffott@brookdale.com
Support Gp.	Warsaw, IN	Warsaw Parkinson's Support Group Kosciusko Community Hospital 2101 Dubois Drive Warsaw, IN 46580 2nd Friday of the month at 6:30pm Susan Bitting 574.453.2940 Mark Burks 574.527.0820 mlburkspsg@gmail.com
Support Gp.	West Lafayette, IN	Westminster Village 2741 N. Salisbury Street West Lafayette, IN 47906 Monthly 3rd Thursday 5-6pm Jessica Huber 765-494-3796 jhuber@purdue.edu
Support Gp.	West Lafayette, IN	University Place 1700 Lindberg Road West Lafayette, IN 47906 Monthly last Wednesday 3:30-4:30pm Diane Morrison-new leader Mail still goes to Liz Hahn 765-474-5938 robert_hahn_531@comcast.net
Support Gp.	Winfield, IL	Neurosciences Caregiver Support Group 25 North Winfield Road Conference Center Room 3 Winfield, IL 60190 Meeting Second Monday of the month 6 - 7:15pm Register at 630.933.4234 Debra.crystal@cadencehealth.org
Support Gp.	Winfield, IL	Memory Care Partner Northwestern Medicine 25 N. Winfield Road Winfield, IL 60190 Thursdays 2/4, 3/3, 4/7, 5/5, 6/2 and 7/7 Registration is encouraged Call 630-933-4234

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Support Gp.	Yorkville,IL	Rush-Copley Healthcare Center Support Group 1100 W. Veterans Parkway Yorkville, IL 60560 Monthly 3rd Wednesday 1:30-3pm 630-466-8200 Donna Sperlakis donna.sperlakis@rushcopley.com
Support Gp.	Evansville, IN	Location varies by month Evansville, IN 47712 Monthly 2nd Wednesday Meeting location and times vary and can change monthly Call Karen Smith 812-424-2887 for schedule and location of next meeting evansvillecwm@aol.com
Young Onset Support Group	Indianapolis,IN	Young Parkinsons of Indiana Allisonville Christian Church 7701 N. Allisonville Road Indianapolis, IN 46240 Monthly 4th Thursday 6:30-8pm Paula Tomlin 317-570-0545 ptomlin3@comcast.net
Young Onset Support Group	Downers,Grove, IL	DuPage YOPD Support Group First United Methodist Church 1032 Maple Downers Grove, IL 60515 Monthly 3rd Monday 7-8:45pm Natalie Lipp 630-202-9327 nlipp2@gmail.com
Young Onset Support Group	Peoria, IL	Meeting at Panera's 2515 W. Lake Street (Westlake) Peoria, IL 60515 Leader: Barb Halleen 309.699.7934 peoriapdgroup@comcast.net Meets 3rd Wednesday at 3:30 pm
Young Onset Support Group	Rockford,IL	Gloria Dei Lutheran Church 2700 Augustana Drive Rockford, IL 61107 Monthly 3rd Tuesday @ 7pm Call for meeting times David & Linda Palmer 815-871-6710
Young Onset Support Group	Spring Grove, IL	McHenry County Parkinsons Support Group State Banks of the Lakes 1906 Holian Drive Spring Grove, IL 60081 1st Wednesday Monthly 7pm Kurt Dempski 815-207-1260

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Young Onset Support Group	Urbana, IL	Urbana Young Onset Group Grace United Methodist Church 1400 Philo Road Urbana, IL 61801 2nd Saturday Monthly Darrel King 217.493.8577 deking127@gmail.com
Young Onset Support Group	Quincy, IL	Contact David & Terri May 3922 Harbor Lane Quincy, IL 62305 Phone: 217-224-7027 1TSMay2@comcast.net
Young Onset Support Group	Aurora, IL	Aquatics Class Rush Copley Health Plex 1900 Ogden Avenue Aurora, IL 605804 Weekly Friday at 1-2pm Meets in the Therapy Pool Donna Sperlikis donna.sperlakis@rushcoplev.com
Exercise Class	Aurora IL	Rush Copley Healthplex 1900 Ogden Avenue Aurora, IL 60504 Tues and Thur at 2:00-3:00pm Free just call 630.978.6280 to register
Exercise Class	Belvidere IL	Exercise Group Keen Age Center 2141 Henry Luckow Lane Belvidere, IL 61108 Tuesdays weekly at 9:00 to 10:00am Fee \$4.00 Linda Palmer 815.871.6710
Exercise Class	Carol Stream, IL	Parkinson's Exercise Class Belmont Village 545 Belmont Lane Carol Stream, IL 60188 Weekly at 1:30 pm. Julie Wilson 630.510.2521
Exercise Class	Chicago, IL	Galter Life Center 5157 N. Francisco Chicago, IL 60625 Call for information regarding times and programs and trainers available. Laura McDonagh 773.878.9936 Amy Petersen 773.878.9936
Exercise Class	Chicago,IL	Rehabilitation Institue of Chicago RIC Center for Health and Fitness 710 N. Lake Shore Drive 3rd Floor Chicago, IL 60611 Weekly on M-W-F at 11:00am to 12:00 Noon NOTE: discounted parking at 321 East Erie. When calling for info, ask specifically for Parkinson's excercise classes and fees. Registration required-class size limited. Carolyn Mueller, Manager 312.238.5001 Eric Johnson
Exercise Class	Downers Grove, IL	Dance for Parkinsom's Good Samaritan Health and Wellness Center 3551 Highland Avenue Downers Grove, IL 60515 Mondays weekly at 2:30 to 3:30pm Christine Cornell 630.275.2282

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Exercise Class	Downers Grove, IL	Delay the Disease for Parkinson;s Good Samaritan Health and Wellness Center 3551 Highland Abenue Downers Grove, IL 60515 Fridays weekly at 2:30 to 3:30pm Christine Cornell 630.275.2282
Exercise Class	Ft. Wayne, IN	Ft.Wayne Parkinson's Excerise Group Turnstone Center 3320 N. Clinton Street Ft. Wayne, IN 46805 Weekly on Wed at 10:30 to 11:30am Fees are due prior to service. Fitness Program \$15.00 /mo or annual rate of \$150.00. Combined with Aquatics:\$20.00 or annual rate of \$200.00. Personal aide assistance \$5.00 / month additional fee. Spouse can join for \$25.00 / month or annual rate of \$240.00. Dan Spangler 260.486.4893
Exercise Class	Geneva, IL	Exercising with Parkinson Disease Sunset Community Center 710 Western Avenue Geneva IL 60134 Session: 4/15 to 5/26/16 10:45 to 11:45am Register online at www.genevaparks.org Fee: \$48.00
Exercise Class	Hoffman Estates, IL	BODYFLEX The Devonshitr of Hoffman Estates 1515 Baringron Road Hoffman Estates, IL 60196 Daily Mon thru Fri at 9:30 to 10:15am. Includes excerises for PD patients. Tim Sullivan 847.490.5800
Excerise Class	Munster,IN	Community Hospital - Physical Therapy Department 901 MacArthur Blvd. Munster, IN 46321 Weekly on Tues at 12:00 to 1:00pm Priscilla Mulesa 219.836.4527
Exercise Class	Naperville, IL	Parkinson's Swim Class (Improve Mobility & Delay Further Impairment) Edward Health & Fitness Center 775 Brom Drive Naperville. IL 60540 Registration required - class sizes are limited Classes are held in the Therapy Pool at 10:30 to 11:30am 3 times/wk Monday Leader: Mary Anselmo Wednesday Leader: Judy Peters / Susan Vulich Friday Leader: Kathy Winters Fee for 10 week class for EHFC member \$43.00 Non- Member \$115.00 To register call 630.646.5917 Questions: Alice Novotny 630.646.5905
Exercise Class	Lake Forest, IL	Pedaling for Parkinson's (Stationary bicycle pedaling therapy) Tuesday 11am - Noon Lake Forest location Thursday 10:15am to 11am Lindenhurst location *Registration is required - call Rehabilitative Services Dept. 847-535-8060
Exercise Class	Lake Forest, IL	Dance for Parkinson's (A dance class for all abilities) Wednesday 2pm - 3pm - Lake Forest location *Registration is required - call Rehabilitative Services Dept. 847-535-8060

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Exercise Class	Orland Park,IL	Muevete The Greater Humboldt Park Community Diabetes Empowerment Center 2753 W Division St, 1440 N Sacramento, 2732 N Avers Chicago, IL 60622 773-342-0855 (Call for location and schedule) Muevete@prcc-chgo.org Free Dance-aerobic, Zumba, Pilates, Tai Chi, and Yoga (Call for location and schedule)
Exercise Class	Orland Park,IL	Orland Park/Palos Park Health and Fitness Center 15430 West Avenue Orland Park, IL 60462 Weekly on Friday at 11:45 to 12:45pm. \$90.00 for non members for 12 classes. Land exercise class. Pre-registraton reuiresdat 708.226.0555 Christine Steadman 630.918.9909 Scott Byrak 708.226.0555
Exercise Class	Rockford, IL	Pedaling for Parkinson's ymca of Rock River Valley I.D. Pennock Branch 200 Y Blvd. Rockford, IL 61107 Weekly on M-W-F at 12:30 to 1:30pm No Fee Linda Palmer 815.871.6710
Exercise Class	Rolling Meadows, IL	Arlington Heights Northwest Community Hospital Northwest Community Hospital 3300 Kirchoff Road Rolling Meadows, IL 60008 Tuesday at 11:00 to 12:00 Noon Karuna Maddava kmaddave@gmail.com 847.618.3110 Scema Ganjawalla
Exercise Class	Skokie, IL	Pedaling for Parkinson's Stateline Family YMCA Roscoe Branch 9901 Main Street Roscoe, IL 60173 Monthly M-W=F at 11:00 am No Fee Ann Hankins 608.365.2261
Exercise Class	Skokie, IL	Parkinson's on the Move Lieberman Center 9700 Gross Point Road Skokie,IL 60077 Tuesday and Thursday 1:00 to 2:30pm Please visit CJE Seniorlife www.cje.net to learn about the comprehensive network of programs and services for older adults and their families. Please call 847.929.3022 for more information
Excerise Class	Skokie, IL	Skokie Park District 9300 Weber Park Place Skokie, IL 60077 Weekly on Tues, Thur, and Fri at 12:00 to 1:00 pm. Harriet Konblett 847.674.1500
Exercise Class	Skokie, IL	Exploration through Art Therapy Lieberman Center 9700 Gross Point Road Skokie, IL 60077 Weekly on Wed at 1:30 to 3:30pm Please visit www.cje.net to learn about the comprehensive network of programs and services for older adults and their families. Please call 847.929.3022 for more information.

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Exercise Class	St.Charles, IL	<p>Delnor Senior Living Part of Northwestern Medicine 975 N. 5th Avenue St.Charles, IL 60175 PD & movement disorders meets Thursday 11:00 am to 11:45 am. Regisater at Cadence Health 630.443.8220. TTY 630.933.4833 There is no fee for these classes. Six week cycles August 20-September 24. No class on September 17th. October 1 thru November 5, 2015</p>
Exercise Class	West Lafayette, IN	<p>University Place 1700 Lindberg Road West Lafayette, IN 47906 Weekly on Thursday at 3:30 to 4:30pm Liz Hahn 765.474.5938</p>
Music Therapy	Winfield, IL	<p>Neurologic Music Therapy Group " Resilient Rhythms" Northwestern Medicine Central DuPage Hospital Neurodegenerative Suites 432, Conference Room Outpatient Services Building 25 North Winfield Road Winfield, IL 60190 2nd Tuesday of the Month Leader: Rebecca Melendez, MM, MT-BC 630.933.xxxx Rebecca.Melendez@cadence.org To register call 630.933.4234</p>
Exercise Class	Wheaton, IL	<p>Parkinson's Excersise Westbridge at Wyndemere Senior Living Campus 500 Wyndemere Circle Wheaton, IL 60187 Weekly Call for schedule 630.681.1343 Laurie Meissner 630.681.4502 Christine Cornell</p>
Exercise Class	Wheaton, IL	<p>Exercising with Parkinson Disease Parks Plus Fitness Center 1777 Blanchard Road Wheaton, IL 630-665-4710 Session: 4/19 to 5/26/16 10am - 11am Tues/Thursday Price \$72.00 Registration Code 115137 at www.wheatonparkdistrict.com</p>
Exercise Class	Winfield, IL	<p>Exercising with Parkinson's Central DuPage Hospital 25 N. Winfield Road Winfield, IL 60190 Weekly on Tues. at 10:30 to 11:30am Current class is running from December 3 to January 21.(No class December 24 or 31) You can register at any time (even after the start date of the first class) but registration is necessary as space is limited. Pleased call 630.933.4234 to register.</p>
Exercise Class	Woodridge, IL	<p>Delay the Disease Edward-Elmhurst Health & Fitness Center at Seven Bridges 6600 Route 53 Woodridge, IL 60517 Beginner/Intermediate Program (Participants early & mid-stage) Tuesday 12:30pm to 1:15pm (Max per class 8) Instructor Connie Truesdale CPT Wednesday 11:45am to 12:30pm Advanced Program for the more active & mobile Fee for 12 week class EHFC Member\$ 57.00 Non-Member\$142.00 To register Call Carol Teteak at 630.646.7920 or carol.teteak@edward.org</p>

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Exercise Class	Woodridge, IL	Parkinson's Cycle: Ride to Reduce the Symptoms (one hour class) Edward-Elmhurst Health & Fitness at Seven Bridges 6600 Route 53 Woodridge, IL 60517 Tues. and/or Thurs. 10am to 11am Lead by Connie Truesdale, CPT *Participants use stationary performance cycle bikes Fee for 12 week class - 1 day per week EHFC member \$76.00 / Non-Members: \$190.00 2 days per week EHFC Member \$190.00 / Non-Member \$342.00 To Register call Carol Teteak 630.646.7920 or carol.teteak@edward.org
Exercise Class	Woodridge, IL	Healthy Motion: Moving Big is Better (45 minute class) Edward-Elmhurst Health & Fitness at Seven Bridges 6600 Route 53 Woodridge, IL 60517 Lead by: Connie Truesdale, CPT Wednesday 12:30 to 1:15pm *Movement patterns are performed standing, can be multi-directional. Fee for 12 week class: EHFC Members: \$57.00 Non-Members \$142.50 To register call: Carol Teteak 630-646-7920 or Carol.teteak@edward.org

The above information is current as of May, 2016. Changes are published regularly to our web site at www.apdamidwest.org on the Support Groups Tab.

On this page you can also search for your closest Support Group meeting locations.

You will also find similaar listings for Young Onset, Care Giver and Exercise groups on this Tab.

For more information or if you have additions, deletions or edits, please call APDA Midwest Chapter 630.933.4392 or email us at atapdamidwest@parkinson.org.