



973.533.0839 www.LMReldercare.com

FREE SUPPORT GROUPS 2019

Parkinson's Caregiver Support Group

11am – 12pm FREE

Community-building support for the family care partner of person's living with Parkinson's disease (APDA NJ). Topics will vary. Free to members & non-members.

Randolph YMCA, Program House, 14 Dover Chester Rd, Randolph, NJ 07869

<https://www.randolphymca.org/programs/screenings-support-groups-lectures>

Facilitated by Heidi Rinsky Schnapp, LMR Elder Care, LLC.

RSVP to 973-533-0839 or hello@lmreldercare.com

FOURTH WEDNESDAY OF EACH MONTH AT 11:00AM

Aging Well Monthly Seminars

11am – 12pm FREE

Topics will vary. Free to members & non-members.

Randolph YMCA, Program House, 14 Dover Chester Rd, Randolph, NJ 07869

<https://www.randolphymca.org/programs/screenings-support-groups-lectures>

Hosted by Heidi Rinsky Schnapp, LMR Elder Care, LLC

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FIRST WEDNESDAY OF EACH MONTH AT 11:00AM

People with Parkinson's Support Group

11am – 12pm FREE

Community- building support for people living with Parkinson's disease (APDA NJ). Topics will vary. Free to members & non-members.

Randolph YMCA, Program House, 14 Dover Chester Rd, Randolph, NJ 07869

For Information: <https://www.randolphymca.org/programs/screenings-support-groups-lectures>

Facilitated by Heidi Rinsky Schnapp, LMR Elder Care, LLC.

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THIRD WEDNESDAY OF EACH MONTH AT 11:00AM

Parkinson's Support Group

2pm – 3pm FREE

Community-building support for people living with Parkinson's and/or their family care partner (APDA NJ)

Brightview Senior Living, 175 Quaker Church Road, Randolph, NJ 07869

Facilitated by Heidi Rinsky Schnapp, LMR Elder Care, LLC.

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SECOND WEDNESDAY OF EACH MONTH AT 2:00PM



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Parkinson's Support Group for Caregivers

11am-12pm FREE

Community-building support for the family care partner of person's living with Parkinson's disease (APDA NJ).

Atrium Post-Acute Care of Livingston, 348 East Cedar Street, Livingston, NJ

Facilitated by Heidi Rinsky Schnapp, LMR Elder Care, LLC.

RSVP to 973-533-0839 or hello@lmreldercare.com

SECOND WEDNESDAY OF EACH MONTH AT 11:00AM

Parkinson's Support Group

1:30pm – 2:30pm FREE

Educational and community-building support for people living with Parkinson's and/or their family care partner (APDA NJ)

Cedar Crest Village, 1 Cedar Crest Village Drive, Pompton Plains, NJ

Facilitated by Heidi Rinsky Schnapp, LMR Elder Care, LLC.

RSVP to 973-533-0839 or hello@lmreldercare.com

FIRST THURSDAY OF EACH MONTH AT 1:30PM

Parkinson's Caregiver Support Group

2:30 – 3:30pm FREE

Community-building support for the family care partner of person's living with Parkinson's disease (APDA NJ). *For Residents Only*

Cedar Crest Village, 1 Cedar Crest Village Drive, Pompton Plains, NJ

Facilitated by Heidi Rinsky Schnapp, LMR Elder Care, LLC.

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FIRST THURSDAY OF EACH MONTH AT 2:30PM

People with Parkinson's Support Group

1:30pm – 2:15pm FREE

Community- building support for people living with Parkinson's disease (APDA NJ). Topics will vary. *For Residents Only*

Cedar Crest Village, 1 Cedar Crest Village Drive, Pompton Plains, NJ

Facilitated by Heidi Rinsky Schnapp, LMR Elder Care, LLC.

RSVP to 973-533-0839 or hello@lmreldercare.com

FIRST THURSDAY OF EACH MONTH AT 1:30PM

Please see LMR's Calendar at:

<http://www.lmreldercare.com/events/list/>