

PARKINSON’S SUPPORT GROUPS

& PROGRAMS

**2020 Schedule
APDA Headquarters**

**135 Parkinson Avenue, Staten Island, NY 10305**

**Support Group Meetings:**

**Second Tuesday of every month**

**1:30-3:00pm**

**Dates: 1/14, 2/11, 3/10, 4/14, 5/12 6/9, 7/14, 9/8, 10/13, 11/10, 12/8 (No Meeting in August)**

**Fitness & Movement Classes:**

**Dance for PD:**Every Wednesday

10:30-11:30pm

**Yoga for PD:**

Every Thursday

1:45-2:45pm

**Tai Chi for PD:**

Every Friday
1:00-2:00pm

**All classes take place at APDA Headquarters.**

**Questions? Contact Emily Ciorciari at 718-981-8083 or** **eciorciari@apdaparkinson.org**

*Classes may be cancelled for inclement weather or other emergencies.
Please check with the office if you have any questions.*

***We are closed the following dates: 1/1, 1/20, 2/17, 4/10 ,5/25, 7/3, 9/7, 10/12, 11/26, 11/27, 12,24, 12/25.***