

Parkinson's Disease Support Groups – Minnesota

| City | Location | Day | Time | Facilitator Name | Facilitator Contact |
|------------------------|--|---|----------|--------------------------------|------------------------------|
| Albert Lea | Senior Center | 4 th Tuesday | 9:30 AM | Anne Troska | 507-874-3367 |
| Alexandria | Nelson Gables Governor's Room | 4 th Wednesday (Except Nov. and Dec.) | 3:00 PM | Val Trumm | 320-762-2196 |
| Aurora | White Community Hospital | 2 nd Thursday | 6:00 PM | Barb Hammer | 218-229-2493 |
| Baxter/Brainerd Lakes | Lord of Life Church | 1 st Thursday | 1:00 PM | Lynda Erickson | 218-829-4017 |
| Bemidji | Sanford Health WindSong (Theatre Room) | 3 rd Tuesday | 1:30 PM | JoAnn Tyk | 218-318-0845 |
| Big Lake (Young Onset) | Saron Lutheran Church | 3 rd Tuesday | 6:30 PM | Camille Johnson | 763-350-7401 |
| Bloomington | Friendship Village | 1 st Monday (2 nd Monday on holidays) | 11:00 AM | Mary Marcoux | 952-830-9545 |
| Blue Earth | MN Valley Action Council | 2 nd Thursday | 1:30 PM | Merry McGowen Mary O'Rourke | 507-526-4684 507-553-5603 |
| Breckenridge | Twin Town Villa Assisted Living | 2 nd Thursday | 2:00 PM | Hannah Walberg | 218-643-8544 |
| Burnsville | Prince of Peace Lutheran Church | 2 nd Thursday | 6:00 PM | Jody Slaughter | 952-898-9312 |
| Cambridge | River Hills Assisted Living | 3 rd Wednesday | 10:00 AM | Dale Peterson | 763-444-9352 |
| Cloquet | Community Memorial Hospital | 3 rd Monday | 2:00 PM | Mary Beck | 218-269-2211 |
| Coon Rapids | Coon Rapids Senior Center | 2 nd Thursday | 1:00 PM | Milo Hartmann | 763-755-2175 |

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| Crookston | Villa St. Vincent | 2 nd Tuesday | 4:00 PM | ReNae Sperling | 218-281-3424 x252 |
| Delano | Delano Senior Center | 3 rd Thursday | 1:30 PM | Nick Naton | 763-972-0574 |
| Detroit Lakes | Ecumen Detroit Lakes | Last Thursday of the month | 2:00 Pm | Jody Griesen | 218-844-8355 |
| Duluth | Primrose Retirement | 3 rd Monday (except July and Dec.) | 10:00 AM | Joan Setterlund Catharine Larsen Bonnie Niemi | 218-728-4986 218-733-9903 218-349-8095 |
| Duluth | Benedictine Living Community | 1 st Monday | 1:00 PM | Christine Sabol | 218-522-5980 |
| Eden Prairie | Wooddale Church | 2 nd Wednesday | 11 AM | Craig Johnson | 612-750-2057 |
| Edina | Walker Care Suites | Call for information | | Teresa Kocher | 952-230-1304 |
| Elk River | Elk River Activity Center | 4 th Tuesday | 12:30 PM | Annette Bonin | 763-635-4500 |
| Eveleth | Eveleth Health Services | 3 rd Wednesday | 2:00 PM | Bonnie Saumer Mary Maki | 218-658-2692 218-741-8069 |
| Fairfax | Fairfax Community Home | 3 rd Monday | 12:30 PM | Mary Ann Dummer | 507-426-7559 |
| Fairmont | Grace Lutheran Church | Last Thursday of the month | 10:30 AM | Joyce Peterson Thelma Vickerman | 507-235-3833 507-238-2062 |
| Fergus Falls | Mills Street Residence | First Thursday | 2:00 PM | Mick Siems | 218-736-8590 |
| Forest Lake | Birchwood Arbors Assisted Living | 1 st Thursday (except for Jan. and July) | 12:30 PM | Alissa Ralph | 651-464-5600 x. 1023 |
| Glenwood | Glenwood Retirement Center | 3 rd Monday | 10:30 AM | Mary Freeman | 320-239-2786 |
| Golden Valley (Caregiver, Early Stage, Mid-Stage, Young Onset) | Struthers Parkinson's Center | Multiple days | Multiple times | Joan Hlas | 952-993-6650 |
| Grand Rapids | Itasca County Family YMCA | 2 nd Wednesday | 1:00 PM | Robyn Gunnerson | 218-999-9233 ext. 287 |
| Hastings | Tilden Community Welcome Center | 3 rd Wednesday | 2:00 PM | Laurie Thrush | 651-480-7689 |

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| Hutchinson | Birchwood House | Last Wednesday of the month | 2:30 PM | Robyn Crocker | 320-587-7737 |
| Lakeville | Walker Highview Hills | 3 rd Thursday | 11:00 AM | Candace Rovang | 952-985-9005 |
| Luverne | St. John's Lutheran Church | 2 nd Thursday | 1:00 PM | Dianne Karlstad | 507-530-3307 |
| Mankato | 1 st Congregational United Church of Christ | 3 rd Tuesday (except Jan. and Feb.) | 2:00 PM | Kelly Simmons Betsy Paul | bpaul@gustavus.edu |
| Maple Grove | University of Minnesota Health Maple Grove Clinic | 2 nd Tuesday | 1:00 PM | Sara Dooley | |
| Maplewood (Care Partners) | Gladstone Community Center | 2 nd and 4 th Mondays | 9:30 AM | Lorna Breiter | 651-770-8172 |
| Marshall | Adult Community Center | 1 st Wednesday | 3:30 PM | Terry Hennen Kathy Paxton | 507-929-5624 507-828-4690 |
| Minneapolis | Walker Place (The Waters of Minnehaha) | 1 st Wednesday | 3:00 PM | Emily Anderson Debra Darby | 612-827-8317 |
| Minneapolis | VA Medical Center | 3 rd Thursday | 1:00 PM | Ann St. Jacques | 612-467-1380 |
| Minnetonka | Minnetonka Ridge Point (Rose Room) | 3 rd Thursday | 12:30 PM | Heidi Ewing | 952-540-6200 |
| Minnetonka (Young-Onset Women) | Ridgedale Byerly's Community Room | 3 rd Tuesday | 7:00 PM | Ruth Lotzer | 952-888-1734 |
| Montevideo | CCMH Ambulance & Training Center | 1 st and 3 rd Monday | 3:30 PM | Lori Peterson | 320-321-8268 |
| Monticello | Monticello Senior Center | 1 st Tuesday | 1:30 PM | Pam Loidolt | 763-295-2000 |
| Moorhead | HeartSprings (Messiah Lutheran Church) | 1 st Thursday (Sept. – Dec. & Feb-May) | 3:30 PM | Jan Nelson | 701-261-3142 |
| Mounds View | Messiah Lutheran Church | 2 nd Tuesday | 6:30 PM | Jean Lukaszewski | 763-442-8752 |
| New Prague | New Prague Public Library | 4 th Tuesday (except July and Dec.) | 1:00 PM | Betty Tupy | 952-758-3924 |

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| New Ulm | Oak Hills Living Center | 2 nd Monday | 1:30 PM | Linda Tauer | 507-227-1497 |
| North Oaks | Presbyterian Homes – Waverly Gardens | 3 rd Monday | 1:00 PM | Sandra Boehm Carolyn Cuthill | 651-762-6510 |
| Northfield | Northfield Hospital | 4 th Wednesday | 2:00 PM | Katherine Lathrop | 507-646-6510 |
| Oak Park Heights/Stillwater | Boutwells Landing Community Room | 3 rd Wednesday | 10:00 AM | Aimee Stanton | 651-241-3373 |
| Owatonna | Owatonna Public Library | 4 th Tuesday | 2:00 PM | Linda Hoffman | 507-977-2171 |
| Red Wing | Red Wing Area Senior Center | 4 th Thursday | 2:00 PM | Pat Kernan | 651-327-2255 |
| Rochester | 125 LIVE | 3 rd Thursday | 1:15 PM | Warren Lopour Sandy Woodruff | 507-288-0359 507-282-3854 |
| Sartell | Edgewood Living | Last Thursday of the month | 10:00 AM | Bobbi | 320-281-3343 |
| Sauk Rapids/St. Cloud | Independent Lifestyles | 3 rd Monday (except August) | 1:00 PM | Pam Tritz-Okia | 320-529-9000 |
| St. Paul | Capistrant Center at Bethesda Hospital | 3 rd Thursday (except Feb. and Aug.) | 10:00 AM | Kathryn Gilbertson | 651-326-2188 |
| St. Paul | Lyngblomsten | 1 st Thursday | 1:00 PM | Jay Haukom | 651-632-5391 |
| St. Paul | Fairview Outpatient Rehab | 1 st Friday | 1:00 PM | Becky Horton | 612-273-3868 |
| St. Paul | HealthPartners Clinic | 3 rd Friday | 1:00 PM | Nancy Andrews | 651-698-4158 |
| Thief River Falls | Zion Valley Home Assisted Living | 2 nd Thursday (meets on even months) | 4:00 PM | Joan Minks | 218-681-2914 |
| Willmar | Bethesda Grand | 2 nd Wednesday (except August) | 10:00 AM | | 320-214-5663 |
| Windom | Windom Hospital Conference Room | 2 nd Tuesday | 2:00 PM | Karen Denzer | 507-831-0687 |
| Woodbury | Woodbury Lutheran Church | 3 rd Monday | 6:00 PM | Sandy Varpness | 651-254-7638 |

