

PARKINSON'S CONNECTION OF CENTRAL NEW MEXICO

FEBRUARY 2020 CALENDAR

Westside Learning Circle

February 13 (2nd Thursday), 1:30-3 pm)

Hope Outreach Church, 2900 Southern NE, Rio Rancho (use church office door on south side of building.)

Format varies from guest speakers to support with separate group for caregivers. The discussion is largely driven by the interests of those attending. It can cover their experiences, questions, tricks (what works and what doesn't) and general observations about PD. Meeting others walking on the same path can be both helpful and reassuring to know you're not alone. Contact Carol 221-4515 or Lori 702-5005

Westside Neurochoir

February 10 and 24 (2nd and 4th Fridays), 1-2 pm

Hope Outreach Church, 2900 Southern NE, Rio Rancho (use church office door on south side of building.)

The choir is working on folk songs from the sixties. Newcomers are always welcome. No singing experience is required. It's vocal exercise to tune up your brain and your spirits. Contact Sheri 917-7981

Eastside Support Group

February 8 (2nd Saturday), 10:30-noon

Pres. Healthplex, 6301 Forest Hills Dr ABQ

This is a side by side meeting: one meeting for people with Parkinson's, another for caregivers. Couples and individuals are welcome. Contact Joan, 899-0078.

Belen Learning Circle—New

February 11 (2nd Tuesday), 3:00-4:30

Belen Public Library's Main Conference Room
The group's gaining traction. Help spread the word. Contact Edwin, 859-0816.

Los Lunas Learning Circle—New

February 18 (3rd Tuesday), 3:00-4:30

Los Lunas Transportation Center's Auditorium, 101 Courthouse Rd.
Join a discussion about Parkinson's and enjoy refreshments. Help us spread the word. Contact Edwin, 859-0816

Movers & Shakers (younger onset, newly diagnosed or still employed) Dinner Club—

Larry calls this The I'm too Young to Have

Parkinson's Group!!!

February 25 (4th Tuesday), 5:30-7 pm

Mimi's Café, I-25 West Frontage Rd & Jefferson, Contact Larry, 218-9130

Check our [activities webpage](#) for exercise classes—make 2020 a challenging year!

Brain Challenge = Brain Change (Good for PD!)

COMMUNITY NEWS

Stress Busting Program for Family Caregivers

ABQ & Westside locations (830-377-1484) This group gives caregivers knowledge, tools, and support

Make the connection. Join us in building a community of wellness and hope.

We keep in touch primarily through email. Make sure it's legible.

Name _____

Address _____

City _____

State _____ Zip _____

Email _____

Phone _____