

MARYLAND ASSOCIATION FOR PARKINSON SUPPORT – (MAPS)

EXERCISE PROGRAMS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	CONTACT INFO TO JOIN
PARKINSON'S EXERCISE PROGRAM with Ken IN PERSON starting 12/6 at: Merritt Athletic Club 598 Cranbrook Road Cockeysville, MD 21030	11:30-12:30	11:30-12:30	11:30-12:30	11:30-12:30	11:30-12:30		Email: ronamaps@gmail.com
ROCK STEADY BOXING with LYNN – IN PERSON The Y of the Chesapeake With Wendy - IN PERSON	Queen Anne Y 12:45-1:45 (low intensity) 2:15-3:15 (high intensity)	Washington Y 1:00-2:00 (low intensity) 2:30-3:30 (high intensity)	Queen Anne 12:45-1:45 (low intensity) 2:15=3:15 (high intensity)	Washington Y 1:00 -2:00 (low intensity) 2:30-3:30 (high intensity)			Contact: Wendy Palmer email: wpalmer@ymcachesapeake.org
ROCK STEADY BOXING with PATTY Currently ZOOMING	4:00-5:00 (low intensity) 5:00 - 6:00 (high intensity)	4:00-5:00 (low intensity) 5:00 -6:00 (high intensity)	4:00-5:00 (low intensity) 5:00 -6:00 (high intensity)	4:00-5:00 (low intensity) 5:00 -6:00 (high intensity)	4:00-5:00 (low intensity) 5:00 -6:00 (high intensity)		Contact: Patty Wessels charmcity@rsbaffiliate.com or call 443-873-0040

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Contact Info:
ROCK STEADY BOXING with Markese at The Edward Myerberg Center – currently ZOOMING	1:15-2:15		1:15-2:15				Contact: Jess Monaghan Jessica@myerberg.org
PEDALING – IN PERSON Y of the Chesapeake – In Person	Easton Family Y 1:00		Easton Family Y 1:00		Easton Family Y 1:00		Contact: Wendy Palmer Email: wpalmer@ymcachesapeake.org
Dance with Charlotte – IN PERSON Trinity Life Church 2122 West Joppa Road Lutherville, MD 21093				1:00			Contact: Charlotte ST. Pierre cbsstpierre@yahoo.com 410-615-6802
YOGA – Currently ZOOMING		Gentle Yoga for people with Parkinson’s and their care partners 1:00-2:15 P.M. WITH Katie Huber		Extra Gentle Yoga for people with Parkinson’s & their care partners 1:00-2:15 p.m. with Cathy Rees & Jacqueline Fitch		Extra-gentle Chair Yoga for people with Parkinson’s and their care partners 9:00-10:00 a.m. with Lenora Eubanks	For details and sign-up info contact: https://www.retreatcenterofmaryland.org/ongoing-classes

SUPPORT GROUPS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Contact info:
Baltimore County Care Partner Group- formerly met at Greenspring Station – Currently ZOOMING					Meets every other Friday 10:00 - 12:00 a.m.		Contact: Julie Ann Dobbs jdobbs@comcast.net
Baltimore City Care Partner Conversations		3 rd Tuesday of each month 10:00-11:00 a.m.					Contact: Beth Hecht bhecht@jcsbaltimore.org
Parkinson's Support Group – Currently ZOOMING		Meets the 2 nd Tuesday of each month 2:00-3:00 p.m.					Contact: Michelle Goldberg mgoldberg@jcsbaltimore.org 410-843-7352