

# March

• Bonita Community Hall 27381 Old US 41 • Cape Wellness Ctr. 609 SE 13 Ct. • Cypress Cove Edison Rm. 10500 Cypress Cove Dr • Faith Methodist Church 15690 McGregor Blvd  
 • Grand Court 8351 College Pkwy • Hope HealthPark Community Education Center 9470 HealthPark Cir • Hope Cape Coral Community Rm. 2430 Diplomat Pkwy. E  
 • Juniper Village Cape Coral 4920 Viceroy Ct • Lehigh Christ United Methodist Church 1430 Homestead Rd • NFM (N. Ft. Myers) Community Park Rec. Ctr. 2021 N. Tamiami Trail •  
 ShellPoint Community Church 15100 Shell Pt. Blvd. • Sanibel Rec. Ctr.-3880 Sanibel-Captiva Rd. • Wa-ke Hatchee Rec. Center (Facility Card Required): 16760 Bass Rd.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>A program of Hope HealthCare Services</p>	<p><b>Color Key:</b>  <b>Support Groups, Exercise &amp; Balance Classes,</b>  <b>Creative Events</b></p>	<p>Hope Parkinson Symposium  <b>Sat. March 17th</b>            Call today to reserve your seat.</p>	<p><b>1</b>      <b>Exercise</b>            Grand Court 10:30 am            NFM exercise/Tai Chi blend 11 am            *Cape Wellness 1 pm            Wa-Ke Hatchee Balance Class 11 am  <b>Care Partner Support Group</b>            Cape Wellness 1 pm</p>	<p><b>2</b></p>
<p><b>5</b>      <b>Exercise</b>            Cypress Cove 11 am            --Bonita 1 pm  <b>Parkinson Water Aerobics</b>            *Cape Wellness Center 1 pm  <b>Support Group:</b>            Shell Point 10:15 am  <b>Music Therapy 3 pm Hope HealthPark</b></p>	<p><b>6</b>      <b>Exercise</b>            NFM Rec. Center 11 am            *Cape Wellness 1 pm            Lehigh Methodist Church 1:30 pm  <b>Wa-ke Hatchee-Dance 11 am</b></p>	<p><b>7</b>      <b>Exercise</b>            **Bonita &amp; Sanibel 1 pm  <b>Parkinson Water Aerobics</b>            *Cape Wellness 1 pm  <b>Support Group-Bonita 2 p.m.</b>  <b>Care Partner Support Group 10:00 a.m.</b>            Faith Methodist Church</p>	<p><b>8</b>      <b>Exercise</b>            Grand Court 10:30 am            NFM exercise/Tai Chi blend 11 am            *Cape Wellness 1 pm            Wa-Ke Hatchee Balance Class 11 am  <b>Support Group:</b>            Grand Court 11:30 am</p>	<p><b>9</b>      <b>Educational Event</b>    <b>Telehealth Conference</b>  <b>featuring the University of Florida</b>  <b>Movement Disorder Specialists</b>  <b>Hope HealthPark Office 12 pm</b>    <b>Please RSVP</b>  <b>by calling Michelle at 985-7727</b></p>
<p><b>12</b>      <b>Exercise</b>            Cypress Cove 11 am            --Bonita 1 pm  <b>Parkinson Water Aerobics</b>            *Cape Wellness Center 1 pm</p>	<p><b>13</b>      <b>Exercise</b>            NFM Rec. Center 11 am            *Cape Wellness 1 pm            Lehigh Methodist Church 1:30 pm  <b>Wa-ke Hatchee-Dance 11 am</b></p>	<p><b>14</b>      <b>Exercise</b>            **Bonita &amp; Sanibel 1 pm  <b>Parkinson Water Aerobics</b>            *Cape Wellness 1 pm  <b>Support Group-Sanibel 12 p.m.</b>  <b>Care Partner Support Group 10:00 a.m.</b>            Faith Methodist Church</p>	<p><b>15</b>      <b>Exercise</b>            Grand Court 10:30 am            NFM exercise/Tai Chi blend 11 am            *Cape Wellness 1 pm            Wa-Ke Hatchee Balance Class 11 am</p>	<p><b>16</b></p>
<p><b>19</b>      <b>Exercise</b>            Cypress Cove 11 am            **Bonita 1 pm  <b>Parkinson Water Aerobics</b>            *Cape Wellness Center 1 pm</p>	<p><b>20</b>      <b>Exercise</b>            NFM Rec. Center 11 am            *Cape Wellness 1 pm            Lehigh Methodist Church 1:30 pm  <b>Wa-ke Hatchee-Dance 11 am</b>  <b>Support Group-Lehigh Methodist Church 2:30 pm</b></p>	<p><b>21</b>      <b>Exercise</b>            **Bonita &amp; Sanibel 1 pm  <b>Parkinson Water Aerobics</b>            *Cape Wellness 1 pm  <b>Care Partner Support Group 10:00 a.m.</b>            Faith Methodist Church</p>	<p><b>22</b>      <b>Exercise</b>            Grand Court 10:30 am            NFM exercise/Tai Chi blend 11 am            *Cape Wellness 1 pm            Wa-Ke Hatchee Balance Class 11 am  <b>Support Group</b>            Juniper Village 3 pm</p>	<p><b>23</b></p>
<p><b>26</b>      <b>Exercise</b>            Cypress Cove 11 am            **Bonita 1 pm  <b>Parkinson Water Aerobics</b>            *Cape Wellness Center 1 pm</p>	<p><b>27</b>      <b>Exercise</b>            NFM Rec. Center 11 am            *Cape Wellness 1 pm            Lehigh Methodist Church 1:30 pm  <b>Wa-ke Hatchee-Dance 11 am</b>  <b>Support Group</b>            NFM Rec. Center 12 pm</p>	<p><b>28</b>      <b>Exercise</b>            **Bonita &amp; Sanibel 1 pm  <b>Parkinson Water Aerobics</b>            *Cape Wellness 1 pm  <b>Care Partner Support Group 10:00 a.m.</b>            Faith Methodist Church  <b>Art Therapy 3 pm Hope HealthPark</b></p>	<p><b>29</b>      <b>Exercise</b>            Grand Court 10:30 am            NFM exercise/Tai Chi blend 11 am            *Cape Wellness 1 pm            Wa-Ke Hatchee Balance Class 11 am</p>	<p><b>30</b></p>