

# New Jersey Parkinson's Disease Support Groups

As of November 2016

**Always call the specific support group contact number to verify meeting date and time.**

\*No groups in these Counties: Cumberland, Salem, Somerset, Sussex, and Hudson

## Support Groups

	City	Site	Day of the Month	Time	Facilitator	Phone Number
<b>Bergen</b>	Wykoff	Cedar Hill Christian Reform Church 422 Cedar Hill Avenue	All 12 months on 1st Thursday; No meetings in July, August and December on the 3rd Thursday  <b>As times and locations may change, please call before attending</b>	7:00PM–8:30PM	Aviva Weldon, LCSW  Ron Stack	201-410-2169 aweldon@optonline.net  845-642-8231 ron773h@yahoo.com
	Haworth	First Congregation Church 276 Haworth Ave	1st Saturday	Yoga at 12:30PM 1:00PM-3:30PM	Jerry Ratner	(201) 599-2232 (201) 265-4976 <a href="mailto:enwood101@optonline.net">enwood101@optonline.net</a> ↑ <a href="mailto:angelaimhof@gmail.com">angelaimhof@gmail.com</a>
	Hackensack	Hackensack UMC Mountainside	1 <sup>st</sup> Wednesday	10:00AM- 12:00PM	Angela Imhof	<a href="mailto:angelaimhof@gmail.com">angelaimhof@gmail.com</a>
	Ridgewood	Ridgewood YMCA 112 Oak Street	Monday-Thursday	Monday: 12:30PM-1:30PM Tuesday: 12:00PM=1:00PM Wednesday: 11:00AM- 12:00PM Thursday: 12:00PM-1:00PM	Carol Livingstone	<a href="mailto:clivingstone@ridgewoodymca.org">clivingstone@ridgewoodymca.org</a>
	Englewood	Southeast Senior Center for Independent Living 228 Grand Avenue	Friday	1:30PM-3:00PM	Kevin Kyle	<a href="mailto:kxkyle@aol.com">kxkyle@aol.com</a>
<b>Burlington</b>	Mt. Holly	Virtua Memorial Hospital 175 Madison Ave	3 <sup>rd</sup> Wednesday; No meetings in December	6:45PM	Myra Hirschhorn	(888) 847-8823 callcenter@virtua.org
	Willingboro	Rt. 130 North GPS: Willingboro Library	Days Alternate	Call Library for further information	Myra Hirschhorn	(609) 877-6668
<b>Camden</b>	Voorhees	Lions Gate 1110 Laurel Oak Road	4th Wednesday	11:00 AM	Myra Hirschhorn	(856) 679-2200
<b>Essex</b>	Montclair	Mountainside Hospital One Bay Avenue	3rd Saturday	10:00AM- 12:00PM	Angela Imhof Judy Maher Elsa	(973) 338-6851 (973) 433-4101 (973)731-5011 <a href="mailto:bobangelsa@comcast.net">bobangelsa@comcast.net</a>
	West Orange	Saint Barnabas Wellness Institute at the JCC MetroWest 760 Northfield Avenue,	1 <sup>st</sup> Friday	1:30PM - 2:30PM	Heidi Schnapp, MA, CSW	(973) 332-5620; <a href="http://www.barnabashealth.org">www.barnabashealth.org</a> <a href="mailto:hschnapp@barnabashealth.org">hschnapp@barnabashealth.org</a> <b>Registration is required.</b>
	Belleville	Clara Maass Medical Center Cancer Center Conference Room One Clara Maass Drive _ Belleville, NJ 07109  <b>*APDA NJ SUPPORT GROUP*</b>	2nd Wednesday	10 a.m. to 11 a.m.	Dhyana Velez	973.450.2631 <a href="mailto:Fabiana.Alvarez@rwjbh.org">Fabiana.Alvarez@rwjbh.org</a>
<b>Gloucester</b>	Deptford	Jas. H. Johnson Memorial Library 670 Ward Drive	1st Wednesday	1:00PM-3:00PM	Bob McIntosh	(856) 457-5394 <a href="mailto:Bobbymac05@comcast.com">Bobbymac05@comcast.com</a>
<b>Mercer</b>	Pennington	Capital Health Medical Center 408 Scotch Rd	3rd Wednesday	2:00PM-4:00PM	Victoria Pena- Cardinali	(609)537-7157

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<b>Central</b>	TBD	Location alternates in members' homes - Call first to sign up	1st Tuesday	7:00PM – 9:00PM	Ellen Brody	(908) 580-9444
<b>Middlesex</b>	Edison	New Jersey Neuroscience Institute Rehabilitation 65 James Street	1st Wednesday 4th Thursday	7:00PM -9:00PM 1:00PM - 3:00PM	Jacqueline Cristini	(732) 321-7010
	New Brunswick	RWJ Fitness & Wellness Center, Community Room 100 Kirkpatrick Street  <b>*APDA NJ SUPPORT GROUP*</b>	3rd Thursday	Times alternate by month. Please call for details  12:30PM – 2:00PM or 7PM-8:30PM	Cheylena Williams	(732) 745-7520 <a href="mailto:Cheylena.williams@rwjhb.org">Cheylena.williams@rwjhb.org</a>
	Monroe	Monroe Township Senior Center 1 Municipal Plaza	1st Wednesday	1:00PM-3:00PM	Helena Zarco	(609) 409-1170 <a href="mailto:hzarco@ifkhealth.org">hzarco@ifkhealth.org</a> <a href="mailto:vmelencio@ifkhealth.org">vmelencio@ifkhealth.org</a>
	Metuchen	Metuchen Senior Citizen Center 15 Center Street	2nd Wednesday	1:00 PM-2:00PM	Eileen Dyas	732 632-8524
	Spotswood	Spotswood Office On Aging 1 Arlington Ave # 401, Spotswood, NJ 08884  <b>*APDA NJ SUPPORT GROUP*</b>	1 <sup>st</sup> Wednesday	1:00 PM-2:00PM	Cheylena Williams	(732) 251-3432 (732) 745-7520 ext. 1 <a href="mailto:Cheylena.williams@rwjhb.org">Cheylena.williams@rwjhb.org</a>
<b>Monmouth</b>	Hazlet	Meridian Health Fitness & Wellness 1420 Highway 36	2nd Tuesday	2:00 – 3:30 PM	Debra Shar Marie Lehmann	(732) 739-5919 <a href="mailto:enixon@meridianhealth.com">enixon@meridianhealth.com</a>
	Freehold	Centra State Star & Barry Tobias Ambulatory Campus 901 W. Main Street, Freehold Conference Center Room C	4 <sup>th</sup> Wed	11:00AM- 1:00PM	Ruth Memoli	732-637-6334
<b>Morris</b>	Madison	Madison YMCA Support Group 111 Kings Road	2nd Tuesday	1:00-2:30PM	Maryann Porosky Barbara Ringk	(973) 627-4087
	Parsippany	Caring Choice at Assisted Living 200 Mazdabrook Road	3rd Monday	1:00-2:30PM	Maryann Porosky Barbara Ringk	(973) 627-4087
<b>Ocean</b>	Bricktown	Ocean Medical Center Brick Hosp 425 Jack Martin Blvd	Every Tuesday Every Friday	10AM-11AM 10AM-11AM	Laura Jelly	(732) 836-4614
<b>Passaic</b>	Wayne	Preakness Healthcare Center 305 Oldham Rd	3rd Thursday	1:00PM	Dolores Choteborsky	(973) 585-2140
<b>Union</b>	Rahway	RWJ University Hospital, Rahway 865 Stone Street	2nd Wednesday	1:00PM-3:00PM	Debbie Hargiss Sharron Fitzpatrick	(908) 272-2362 (201) 320-3307 <a href="mailto:sharronf@optonline.net">sharronf@optonline.net</a>
	Westfield	The Presbyterian Church in Westfield in the Parish House 140 Mountain Avenue	2nd Monday No meets in July & August	1:30PM-3:00PM	Barbara Ringk	(908) 322-9214
	Summit	Overlook Hospital 99 Beauvoir Library Avenue	1 <sup>st</sup> Tuesday	7:00PM	Nancy Gross Ellen Brody	<a href="mailto:Nancy.gross@atlanticealth.org">Nancy.gross@atlanticealth.org</a> <a href="mailto:ebrody21@gmail.com">ebrody21@gmail.com</a>
<b>Warren</b>	Hackettstown	Heath Village 430 Schooley's Mountain Rd	3 <sup>rd</sup> Tuesday	4:00-5:00pm	Valerie Perry	(908) 684-5202 <a href="mailto:vperry@heathvillage.com">vperry@heathvillage.com</a>

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<b>Care Partner Support Groups</b>
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	City	Site	Day of the Month	Time	Facilitator	Phone Number
<b>Middlesex</b>	East Brunswick	Care One at East Brunswick 599 Cranbury Rd	Bi-monthly, 1st Thursday	11:30AM	Helen Hunter (Denine)	(732) 967-0100
	New Brunswick	RWJ Fitness & Wellness Center, Community Room 100 Kirkpatrick Street  <b>*APDA NJ SUPPORT GROUP*</b>	3 <sup>rd</sup> Thursday of the month	Times alternate by month. Please call for details  12:30PM – 2:00PM or 7PM-8:30PM	Cheylena Williams	(732) 745-7520 <a href="mailto:Cheylena.williams@rwjbh.org">Cheylena.williams@rwjbh.org</a>
<b>Morris</b>	Parsippany	Care One at Morris 200 Mazdabrook Dr	3 <sup>rd</sup> Monday	1:00PM	Maryann Porosky	(973) 627-4087
<b>Essex</b>	Livingston	Care One at Livingston 76 Passaic Ave	2 <sup>nd</sup> Tuesday	2:00PM	Maryann Porosky	(973) 627-4087
	West Orange	Saint Barnabas Wellness Institute at the JCC MetroWest 760 Northfield Avenue	1 <sup>st</sup> Monday	1:30PM - 2:30PM	Heidi Schnapp, MA, CSW	(973) 332-5620; <a href="http://www.barnabashealth.org">www.barnabashealth.org</a> <a href="mailto:hschnapp@barnabashealth.org">hschnapp@barnabashealth.org</a> <b>Registration is required.</b>

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<b>Exercise Programs</b>
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County	City	Site	Day of the Month	Time	Facilitator	Phone Number
Bergen	Ridgewood	Ridgewood YMCA 112 Oak Street	Monday-Friday	Call for Times	Carol Livingstone	(201) 444-5600 ext330
	Haworth	First Congregation Church -Lower Level 276 Haworth Ave	1st Saturday Yoga	12:30PM- 1:00PM	Jerry Ratner	(201) 599-2232
	Englewood	Southeast Senior Center for Independent Living 228 Grand Avenue	Fridays	1:00PM-3:00PM	Kevin X. Kyle Ilse Heller	(201) 747-9096 (201) 265-4976
Essex	Verona	Congregation Beth Ahm, 56 Grove Ave	Mondays	10:30AM	Lucille	(973) 403-1294
	West Orange	Saint Barnabas Wellness Institute at the JCC MetroWest 760 Northfield Avenue	Monday Wednesday	Tai Chi M 1:30PM - 2:30PM  Strength Training W 1:30PM - 2:30PM	Heidi Schnapp, MA, CSW	(973) 332-5620; <a href="http://www.barnabashealth.org">www.barnabashealth.org</a> <a href="mailto:hschnapp@barnabashealth.org">hschnapp@barnabashealth.org</a>
Mercer	Princeton	Rock Steady Kick Boxing Title Boxing Club 485 Nassau Park Blvd  *Fee for class*	Monday, Wednesday, Friday	1:15 - 2:30 / 2:45 - 4:00	Joe Dymnioski	609-375-8200  tbcprinceton@rsbaffiliate.com
Middlesex	New Brunswick	RWJ Fitness & Wellness Center 100 Kirkpatrick Street	Please Call for more information	Please Call for more information  Tai Chi , Movement Class	Cheylena Williams	(732) 745-7520 x1 <a href="mailto:Cheylena.williams@rwjbh.org">Cheylena.williams@rwjbh.org</a>
Somerset	Martinsville	Rock Steady Boxing at Anthony's Tae Kwon Do 1918 Washington Valley RD	Monday thru Friday	Please call for more information	Anthony Christian	<a href="mailto:anthonystkd@msn.com">anthonystkd@msn.com</a> 732-469-8448
Morris	Madison	Parkinson's Exercise Program at Madison Area YMCA 111 Kings Road	Wednesdays	1:30PM-2:30PM	Susan Shieley	(973) 822-9622 x2242
Ocean	Brick	Ambulatory Care Center at Ocean Medical Center 425 Jack Martin Blvd	Tuesdays	10:00AM- 11:00AM	Susan Delmar or Gabriel	(732) 836-4007
Morris	Summit	Parkinson's Exercise Group Overlook Downtown, 2nd Floor 357 Springfield Avenue	Fridays	11:00am- 12:00pm	Caroline Panter	(908) 522-5901 (908) 522-2215
Union	Westfield	Parkinson's Exercise Classes	Mon-Wed-Fri	M 6:15-7:10PM 11:00AM - 12:00PM	Jean White	(908) 233-2700
Camden	Voorhees	William Rohrer Center 2309 Evesham Rd	Wednesdays	1:00PM-2:00PM	Member Services	(856) 325-5300