



## American Parkinson Disease Association

Headquarters:  
135 Parkinson Avenue  
Staten Island, NY 10305  
(718)981-8083

### Staten Island Support Group Calendar of Meetings for 2019:

Meetings are the second Tuesday of each month at 1:30-3:00pm at Headquarters:  
Dates are as follows: 1/8, 2/12, 3/12, 4/9, 5/14 6/11, 7/9, \* 9/10, 10/8, 11/12, 12/10

There is NO Support Group for the month of August

### Here are the classes we offer:

Dance Classes:  
Every Wednesday of the month 11:00 -12:15pm

Yoga Classes:  
Every Thursday of the month at 1:45-2:45pm

Tai Chi Classes:  
Every Friday of the month at 1:00-2:00pm

If you have any questions, please contact Emily Ciorciari at 718-981-8083 or e-mail at [eciorciari@apdaparkinson.org](mailto:eciorciari@apdaparkinson.org)

The office will be closed the following dates: 1/1, 1/21, 2/18, 4/19, 5/27 7/4, 9/2, 10/14, 11/11, 11/28, 11/29, & 12/25/19.

*A portion of these classes are supported by a generous donation from the Staten Island Kar Klub.*

*Classes may be cancelled for inclement weather or other emergencies. Please check with the office if you have any questions.*