

<http://www.goodsamsanjose.com/SpecSrv.asp>

Charge. Medically guided exercise program

San Jose Camden Lifetime Activity Center See website Camden Lifetime Activity Center 3369 Union Ave Contact 408.559.8553
<http://www.sanjoseca.gov/prns/communitycenters/camden> / Charge. Many courses and training offered

Seaside Yoga for Living with Parkinson's T 1:30PM-2:30PM Seaside Yoga Sanctuary 1360 Fremont Blvd Cathy Rivera RYT 831.915.7260

cathy@musicmindmusictherapy.com Charge.

Sunnyvale Gait & Balance Intensive W 10:30AM-12:00 Parkinson's Institute and Clinical Ctr 675 Almanor Ave 2nd Floor Lg Room Marilyn Basham 408.734.2800
<http://www.theipi.org/> Fee. Caregivers free.

Sunnyvale Gait & Balance Beginner-Intermediate TH 10:30AM-12:00 Parkinson's Institute and Clinical Ctr 675 Almanor Ave 2nd Flr Lg Room Marilyn Basham 408.734.2800
<http://www.theipi.org/> Fee. Caregivers and donations welcome

Sunnyvale Resistance Training T/F 2-3PM Parkinson's Institute Clinical Ctr 675 Almanor Ave Gloria. 408.734.2800. Fee/Caregivers free

Sunnyvale Core training for PD T TH 9AM Sunnyvale Sr Ctr 550 E Remington Dr 408.730.7350 Chg.

---PD VOCAL PROGRAMS---

Lafayette Tremble Clefs TH 1:30PM-3:30PM Presby.Ch 49 Knox Rd Elsie Chapman 925.682.0809

Oakland PD Chorus 2nd & 4th W 10:30AM-12:00PM Please contact us for directions. Ann Chandler 510.549.0784 chorus@pdactive.org

Sunnyvale PD Choir 1st TH, 3rd TH 12:00-1:00 PM Parkinson's Institute and Clinical Ctr 675 Almanor Ave Physical Therapy Rm Randy Hoffman 408.734.2800

<http://www.theipi.org/> Fee/Caregivers free.

Sunnyvale LSVT Graduate Class 2nd TH, 4th TH 12:00-1:00 PM Parkinson's Institute and Clinical Ctr 675 Almanor Ave Physical Therapy Rm Randy Hoffman 408.734.2800
<http://www.theipi.org/> Fee/caregivers free.

Monterey Bay/South Bay Areas Music Therapy By Appt Varies Cathy Rivera RYT 831.915.7260
cathy@musicmindmusictherapy.com Charge.

---THERAPY AT HOME---

Online Workouts for You
<http://www.workoutsforyou.com/> Charge Customized fitness and tracking programs from \$4/week including personal trainer/software

Online Relaxation exercises
<http://allaboutdepression.com/relax/> Free .

Bay Area and Beyond Therapy in Your Home. See website. Julie Groves PT, OT, ST 408.358.0201
juliegroves@therapyinyourhome.net Charge.

South Bay Cedar Crest Outpatient Rehabilitation . Contact 408.738.4880 Charge Medicare covered outpatient therapy provided in the home

South Bay Accessibilitytraining.com Contact 408.998.1335
<http://www.accessibilitytraining.com/> Charge Personal training at home.

Stanford Farewell to Falls Contact 650.724.9369 or email ecorman@stanfordmed.org Stanford University OT makes two home visits for safety and exercise survey/follows up by phone weekly for one year

Telephone Senior Center Without Walls See website Contact 877.797.7299

<http://www.seniorcenterwithoutwalls.org/> Free. In-home activities over the telephone for those unable to get out

---VOLUNTEERING---

South Bay Partners in Caring Contact 650.725.4137 Free.

South Bay Retired Seniors Volunteer Program Contact 408.979.7906 Free.

South Bay Volunteer Center of Silicon Valley Contact 408.247.1126

---WALKING GROUPS---

Berkeley Keep Moving Walkers Group Varies Info 510.548.6007 or brklyjil@aol.com

Are you attending a program helping you, a loved one or a friend living with PD? Please share at pmsginfo@yahoo.com or by leaving a voicemail message at 408.542.5610



Parkinson's Exercise & Therapy Programs: Northern and Central California

Parkinson's Patients Support Groups, Inc.

PO Box 60188
Sunnyvale CA 94088-0188
408.542.5610

www.ppsg.org

**Effective:
April 2012**

Thanks to PPSG members/Julie Groves/Robin Riddle/PD Active and others for contributing information to these listings-The most current information is always at www.ppsg.org

---AQUATIC PROGRAMS---

Cupertino DACA De Anza
Cupertino Aquatics 1080 S De Anza
Blvd Contact
408.243.7946 <http://www.daca.org/>
Charge. Therapeutic and other pools-
individual and group training

Los Gatos Physical Performance
Institute PPI-Los Gatos Community
Hospital 815 Pollard Rd Contact
408.378.6131
http://www.elcaminohospital.org/Programs_and_Services/Rehabilitation
Charge. Pool with therapist-insurance
reimbursement accepted

Los Gatos Vasona Creek Healthcare
Ctr Call Vasona Creek Healthcare
16412 Los Gatos Blvd Contact
408.356.2191 Charge. Pool with
therapists available-reimbursed by
insurance

Oakland Aquatic Fitness for PD and
MS F 11:30AM-12:30PM The
Bellevue Club 525 Bellevue Ave
Kate Johnson 510.891.0463
Charge/\$ 60/4 class session. A gentle
aquatic fitness program for the adult
who has PD or MS. Exercises will
increase range of motion and
flexibility plus muscle strength and
endurance. Relieve pain, work on gait
and balance, have fun with others.

Palo Alto Abilities Unlimited 525 E
Charleston Rd Contact 650.494.0550
<http://www.abilitiesunlimited.org/>
Charge. Therapeutic pool with
individual and group programs.

San Jose Timpany Center 730
Empy Wy Contact 408.283.9036
<http://www.timpanycenter.org/>
Charge. Therapeutic programs in
warm water pool

San Jose Arthritis Foundation
Aquatic Program
<http://www.arthritis.org/chapters/north-california/programs.php>
Charge. Programs led by certified

Arthritis Foundation instructors-
check water temperature times and
cost for each program

Santa Clara Senior Center
Natatorium Santa Clara Senior Center
1303 Fremont St Contact
408.615.3170
<http://santaclaraca.gov/index.aspx?page=713#natatorium> Charge/\$10 for
non-residents. Therapeutic and lap
pools-if not a resident must
accompany one for entrance.

Saratoga Saratoga Retirement
Community 14500 Fruitvale Ave
Contact 800.996.3467
<http://www.saratogaretirement.org/healthiscare/index.htm> Charge, Open to
community-includes therapists and
accepts insurance reimbursement

---DANCE PROGRAMS---

Berkeley Dance for PD W 11:15AM-
12:30PM Berkeley Ballet Theatre
2640 College Ave Register
510.479.6119 dance@pdactive.org

Corte Madera Moving Toward
Health TH 10:50AM-11:50AM
Charge. Registration required. Joy
Gottlieb MS 415.299.2375

Oakland Dance for PD TH
10:30AM-11:45AM Danspace 473
Hudson St Register 510.479.6119
dance@pdactive.org

San Francisco PDSF Network 1st
TH 1:00PM-2:30PM Twinspace
Dance Studio 2111 Mission St
(between 17th & 18th) Judy or David
415.285.7377. PDSFnetwork@gmail.com \$15 suggested donation. Please
RSVP to phone or email with name
phone and number attending

Sunnyvale pd DANCE Tu 10:30AM-
12:00 Parkinson's Institute and
Clinical Ctr 675 Almanor Ave 2nd
Floor Lg Room Damara Ganley
408.734.2800 <http://www.theipi.org/>
Fee. Caregivers welcome. Those in
wheelchairs must bring care partner

- REGIONAL EXERCISE

Regional 50 + Programs Contact
<http://www.50plus.org/mission-history.php> Free/Charge

Regional Community Recreation-
Adult Ed classes Contact city
recreation/adult education
departments. Free/Charge

Regional Classes, Meetings and
More Council on Aging
1.800.510.2020 Ask for Information
and Referral/ Free/Charge. For most
recent info programs at local senior
centers..

---PD SALON---

Berkeley PD Salon 1st SU 1:00PM-
3:00PM Call for Info 510.350.8700
salon@pdactive.org A monthly
opportunity for all people in the PD
community to share their story, art,
talent, interests, etc. with a generous
audience of fellow parkies, family
and friends. Each Salon includes
presentations by 2-3 people.

---MOBILITY/MINDFULNESS---

Berkeley Parkinson's and the Art of
Moving T 10:30AM-12:00 JCC East
Bay 1414 Walnut St John Argue
510.985.2645
<http://www.parkinsonsexercise.com>
Charge

Berkeley Parkinson's Exercise TH
10:00AM-11:30AM North Berkeley
Senior Ctr 1901 Hearst Ave Kay
Ellyard 510.848.5143

Cupertino Physical Education
Adapted See Schedule Varies De
Anza College Various Department
408.864.8885
<http://www.deanza.edu/ape/course-descriptions.html> Charge

Exercise & Therapy Programs April 2012

Daly City Physical Fitness for Older
Adults T W TH 9:30AM-11:30AM
Doelger Senior Ctr Pacelli Gym 101
Lake Merced Blvd (Westlake Park)
John Pantazy 650.991.8012
<http://www.doelgercenter.com/classes.html#Health2> \$ 3/Class register with
instructor

Napa PE-4-PD T 5:30PM-6:30PM
Covenant Presby Church 1226
Salvador Ave Joe Burger
707.758.1188 Sugg donation \$5-20.

Oakland Yoga for PD T 3:00PM-
4:15PM Piedmont Yoga 3966
Piedmont Ave Info 510.658.8899
yoga@pdactive.org \$20 Sliding
scale.

Oakland Yoga for PD TH 1:30PM-
2:45PM Piedmont Yoga 3966
Piedmont Ave Info 510.658.8899
yoga@pdactive.org \$20 Sliding
Scale

Redwood City Adaptive Exercise
Programs See website for details
Veterans Mem Sr Ctr 711 Nevada St
Barbara McCarthy 650.368.7732
www.adaptivepevmcsc.org

San Bruno Adaptive PE program. By
arrangement. Chip Chandler
650.738.4286

San Jose Nifty After 50 See website
Nifty After 50 255 N White Rd
Contact 408.503.7604
<http://www.niftyafterfifty.com/services>
Charge. Customized fitness
therapy and employment life
programs

San Jose Fitness for Life See website
Good Samaritan Hospital-Fitness for
Life 2425 Samaritan Dr
408.559.2377