

It's Symposium time!!!

The latest PD information

Free - Reservations required

Call 716 449-3795



May 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Power Hour Boxing 3:30 PM	2 PDdance 11 AM Powder Busters 12:30 PM Boxing Against PD 1 PM	3 Perk Café 6:30 PM Power Hour Boxing 3:30 PM	4 Caregiver Support 1 PM Powder Busters 12:30 PM Boxing Against PD 1 PM PDdance 1:45 PM Balanced Boxing 6:30 PM	5 Cinco De Mayo Open Support 11 AM	6
7 Balanced Boxing 12:30 PM	8 Power Hour Boxing 3:30 PM	9 PDdance 11 AM Powder Busters 12:30 PM Boxing Against PD 1 PM Open Support 6:30 PM	10 Power Hour Boxing 3:30 PM YOPD Support 6:30 PM	11 Powder Busters 12:30 PM Boxing Against PD 1 PM PDdance 1:45 PM Balanced Boxing 6:30 PM Open Support 6:30 PM	12	13 18 th Annual Educational Symposium 9:00 AM
14 Mother's Day Balanced Boxing 12:30 PM	15 Power Hour Boxing 3:30 PM	16 PDdance 11 AM Powder Busters 12:30 PM Boxing Against PD 1 PM	17 Power Hour Boxing 3:30 PM Open Support 6:30 PM	18 Powder Busters 12:30 PM Boxing Against PD 1 PM PDdance 1:45 PM Balanced Boxing 6:30 PM	19	20 Armed Forces Day
21 Balanced Boxing 12:30 PM	22 Power Hour Boxing 3:30 PM	23 PDdance 11 AM Powder Busters 12:30 PM Boxing Against PD 1 PM Caregiver Support 3 PM	24 Power Hour Boxing 3:30 PM Moving Day Meeting 6:30 PM	25 Powder Busters 12:30 PM Boxing Against PD 1 PM PDdance 1:45 PM Balanced Boxing 6:30 PM	26	27
28 Balanced Boxing 12:30 PM	29 Memorial Day	30 PDdance 11 AM Powder Busters 12:30 PM Boxing Against PD 1 PM	31 Power Hour Boxing 3:30 PM	Notes: Open Support-Anyone may attend Caregiver Support-Caregivers only YOPD Support- Young Onset Support		

For more information regarding any event or program listed, please contact [npfwny](http://npfwny.org)

(716) 449-3795

Website: npfwny.org

E-mail: cjamele@npfwny.org

Programs

Balanced Boxing at YMCA with James Wypij

- Amherst – Thursdays at Independent Health, 150 Tech Drive 716 276-8300
- West Seneca – Sundays at 1620 Southwestern Boulevard 716 674-9622

Boxing Against Parkinson's with Kevin Cunningham

- Buffalo– Tuesdays and Thursdays at KC's Fitness, 100 Gelston Street 716 886-0252
- Orchard Park – Mondays and Wednesdays at KC's Fitness, 273 Thorn Avenue

PDdance with Cynthia Pegado

- Northtowns – Tuesdays at Faith United Church of Christ Fellowship Hall, 1300 Maple Road (at Hopkins), Williamsville 716 262-8122
- Kenmore – Thursdays at ModDance Studio, 2890 Delaware Avenue (corner of Lincoln Blvd.) 716 262-8122

Power Hour Boxing with Dave Harriger

- Dunkirk – Elevation Combat Sports Academy (ECSA), 4863 West Lake Road 716 785-0547

Support Groups

Caregiver Group (Northtowns) – The Meadows at the Weinberg Campus, 2650 North Forest, Amherst – **4th Tuesday of the month, 3 PM**

Caregiver Group (Southtowns) – St. John's Lutheran Church, 3512 Clinton Street, West Seneca – **1st Thursday of the month, 1 PM**

Fredonia-Southern Tier – St. Paul Lutheran Church, 334 Temple Street, Fredonia – **2nd Tuesday of the month, 6:30 PM**

Niagara Falls – Niagara Falls Memorial Medical Center, Hooker Auditorium, 621 10th Street, Niagara Falls – **1st Friday of the month, 11 AM**

Northtowns – Shir Shalom of Buffalo, 4660 Sheridan Drive, Williamsville – **2nd Thursday of the month, 6:30 PM**

Southtowns – St. John's Lutheran Church, 3512 Clinton Street, West Seneca – **3rd Wednesday of the month, 6:30 PM**

YOPD Group – Dry Gulch Dance Hall, 3145 Walden Avenue, Depew – **2nd Wednesday of the month, 6:30 PM**

Social

Perk Café – Dry Gulch Dance Hall, 3145 Walden Avenue, Depew

Dates To Remember:

A Night of Hope for Parkinson's, annual wine tasting – April 28

18th Annual Educational Symposium – May 13

Parkinson's Day at the Ballpark (Bison's game at Coca Cola Field) July 16

Parkinson's Picnic – August 16

Moving Day® – September 10