

CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves....

Web site: www.heartstohands.org

They shall never cease to be entertained

DATE: Saturday December 7, 2019

TIME: 12:00 PM

Program: Our Annual Christmas Lunch.

See Complete information in this Newsletter

WHERE: Fox Pub

7800 Sommer St.

Peoria, IL 61615



“Pedal For Parkinson’s” was held November 2nd at the River Plex. The line up of speakers was great and I believe everyone there learned something new. “Pedal for Parkinson’s 2020” will be held on November 7, 2020. So please mark this on your Calendar. If you would still like to make a donation you may do so any time at: <https://pedalforparkinsons.myevent.com/>

December will be our Christmas Lunch held December 7th at the Fox Pub @ 12:00PM Reservations are needed by December 2, Please Contact; Barb “The King” or “Diver Dave” at Rock Steady Boxing, Call them at 309-481-5175 or send an email to lunch@cipdsupportgroup.org Please see the Flyer in this Newsletter for the complete information

Our First meeting of 2020 will be January 4, 2020 This will be a fun meeting details, will be coming out soon on this. We will also have time to talk about what we want to see for the 2020 year. So, Bring your Ideas.

For more information on all the Support Group activities, please feel free to contact Barb or Roger at 309 699-7394 or 309 219-1210.

Our Support Group has a very extensive Library of books on Parkinson’s that you may check out see the list here; <http://www.heartstohands.org/support.html> or call us and we can send you a copy of the list.

If you are a member of a group and you feel that group could benefit from a presentation on Parkinson’s, please feel free to ask. There are several of us that would be more than willing to speak.

The 3rd Friday discussion Group has set there meeting agendas for the coming month, January 17, we will talk about Medical and Recreational Marijuana along with CBD Products. On February 21, we will discuss PD Medications.

This is a group open to anyone that would like to join us for an informal discussion on these and other topics. We Meet the Third Friday of the Month. We Meet at the Mad Dog Cleaning Location 2500 North Main St East Peoria, IL 61611 for more information Contact Larry Kellerman at; 309 634-6357.

Dues are due for the year 2020 they are \$5.00 per person 10:00 per couple. You may pay hem at any meeting or Mail them to Barb or Dave King 1744 Kingsbury Rd. Washington, IL 61571

Central Illinois Parkinson's Support Group

CHRISTMAS LUNCH



Where: Fox Pub: located at 7800 Sommer St.
Peoria IL 61615 Phone: 692-3693

When: Saturday December 7, 2019

Meal Choices:

For \$16.00 – Choose one

Fish and Chips: Charbroiled Chicken Salad:

Roasted Brisket & fries: Burger & fries

(Price includes a soft drink or iced tea, tax and gratuity)

Time: 12:00 Noon

Dues for 2019 are \$10.00 which includes 1 Parkinson's participant and 1 caregiver.

Lunch and dues can be paid at the same time. Make checks payable to CIPSG. Checks can be mailed c/o Barb and Dave King at 1744 Kingsbury Rd. Washington, IL 61571, or see us at Rock Steady Boxing Monday and Wednesday

Lunch for Volunteers, RSB Coaches, Doctors and Therapists will be provided.

I will need to know your order.

RSVP by Noon, Dec 2, 2019

lunch@cipsupportgroup.org

309-481-5175

Barb "The King" and "Diver Dave"

