

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: December 5, 2015

TIME: 12:00 PM

**WHERE: Sazani's Steak & Pasta House
7327 N. Galena Rd.**

Peoria, IL 61615

Program: Our Annual Christmas Lunch.



There were about 70 in attendance at Pedal For Parkinson's 2015 at the River Plex. Thank You everyone in attendance. We had a great afternoon of Parkinson's awareness with outstanding speakers and displays. If you happened to miss it make plans now for November 5, 2016.

The next Parkinista's/YOPD, coffee is December 16th 3:30 at the Panera's in Westlake in Peoria. Anyone with an interest in Parkinson's is invited to attend. Please bring a blank Christmas Card. Call Barb @ 699-7394 or 309 712-3770 if you want more information.

Central Illinois Parkinson's Support Group Christmas Luncheon December 5th at 12:00 noon [Sazani's Steak & Pasta House](#) We will have 3 choices to pick from; Lasagna Alla Antonio, The best lasagna you've ever tasted! We make this classic pasta from scratch. Fresh cooked lasagna noodles layered with our own homemade sauce, three Italian cheeses and our select blend of herbs and spices. Seafood linguine, Shrimp, crabmeat and chopped clams sautéed in white wine sauce and served over linguine. Chicken Sazani, A tender grilled chicken breast with capers, fresh basil, butter and lemon served over pasta. The cost will be \$13.00 and the will include a non-alcoholic drink, Tax and a tip. **Please let us know what you would like to eat by Dec 1st.** Call or E-mail Bruce at 309 689-2265, bm7colley@att.net

We will also be taking a collection for the Journal Star Christmas Fund at our Christmas Lunch. Due are due \$7.00 per person and can be paid at the Christmas Lunch.



Meet Parky the 2016 World Parkinson's Congress Mascot. Parky will be joining us at our Support Group Events as he prepares to go to the 4th World Parkinson's Congress September 20 – 23, 2016 In Portland Oregon.

Be sure to study up on Parky as there will be some trivia question related to him for prizes at the Christmas Lunch/ Meeting on December 5th.

January 9, 2016 the meeting will be a general group discussion on your question and problems along with some planning input for the coming year.

February 6, 2016 Lyle Gibson, He recently wrote a book. "A Lifetime in Motion: Lessons Learned from a Student of the Game(s)".

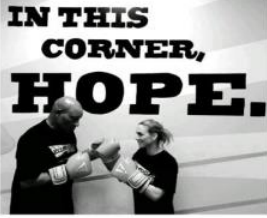


The Support Group has had a U-Step Walker, the Support Group will make this walker available to any member of the support group that needs this type of device and is unable to afford one. The walker will be made available free of charge, but will remain the property of the Support Group. Please contact Barb or Roger for more information.

The U-Step 2 increases your independence. The secret is in our patented U-shaped base. Its ultra-stable foundation braces you in every direction. It is not like pushing a typical walker. Instead, the U-Step 2 surrounds you and moves with you. You will feel as stable as you would feel holding onto another person's arm.

We have added a few new books to the library. If you are interested in reading a book that is available in the library. Please give us a call we will bring it to the next meeting. A complete list of books can be found at <http://www.heartstohands.org/support.html> click on Book List. I have corrected the problem with the list and it should load properly now.

If you are a member of a church or civic group, is your club or group looking for a speaker? I would enjoy being able to give them a Parkinson's Awareness program. Please feel free to give them my name and phone number, Roger Halleen 309 219-1210



BOXING IS AN EVIDENCED BASED EXERCISE TO IMPROVE PD SYMPTOMS

TRAINING CLASSES ACCOMMODATE VARYING DEGREES OF PARKINSON'S FITNESS

BOXING CAN IMPROVE BALANCE, ENDURANCE, REACTION TIME, AND FLEXIBILITY

PHYSICIAN RELEASE REQUIRED FOR PARTICIPATION


CROSSFIT 309
704 E. War Memorial
Peoria Heights, IL 61616

309-750-7388

Dorian Mosack, BS & Heidi Bauer, RKT

BOXING FOR PARKINSON'S

Monday & Wednesday 10:30am - 11:30am.
August 24 - October 14, 2015.
October 26 - December 16, 2015.
\$135 per Session / \$10 Drop In Class Fee.





For more information contact Crossfit 309 at 309 339-3224 or Heidi at 309 750-7388