

# LOCAL PARKINSON'S RESOURCES: TUCSON

*We hope the Davis Phinney Foundation becomes a go-to resource for tools and information to support you. We also know that having local resources and community you can turn to are critical to living well with Parkinson's. This booklet can get you started!*

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## Meet your local Davis Phinney Foundation Ambassador: Carl Ames



Carl was diagnosed with Parkinson's in 2008 at the age of 46. The devoted husband, father of five and grandfather of four refuses to let the effects of the disease keep him from living life to the fullest and encouraging others to do the same.

"I don't wish Parkinson's on anyone," Carl says, "but I wish everyone could have the opportunity to experience the things that I have with Parkinson's. My life is richer and I've done more with Parkinson's than without it."

The operations manager credits a commitment to exercise, a positive attitude and being active in his community as key aspects of how he lives well with Parkinson's. "You are still a person with value and contributions to make, regardless of if you have trouble moving or are in pain or experiencing any of the other effects of Parkinson's," Carl explains.

"As an ambassador, I'm excited to educate others about the Davis Phinney Foundation's philosophy of living well because everything the Davis Phinney Foundation talks about are things I do every day in my own life. It does make a real difference."

### ***Ask Carl about:***

- » Staying active in your community
- » Exercise
- » Deep Brain Stimulation Surgery

For more information, contact Carl at [comes62@gmail.com](mailto:comes62@gmail.com).

# SUPPORT GROUPS

## Ahwatukee

### *Parkinson's Support Group*

1st Friday from 10:30 am – 12:00 pm  
Mountain Park Senior Living  
4475 East Knox Rd  
Phoenix, AZ 85044  
Contact: Kris Watts, 602-406-4921  
Kristina.Watts@DignityHealth.org

## Chandler

### *People with Parkinson's & Care*

#### *Partners Support Group*

3rd Thursday from 10:00 – 11:30 am  
Dignity Health East Valley  
Rehabilitation Hospital  
1515 West Chandler Blvd  
Chandler, AZ 85224  
Contact: Kris Watts, 602-406-4921  
Kristina.Watts@DignityHealth.org

## Eloy

### *People with Parkinson's & Care*

#### *Partners Support Group*

(Group meets online some months)  
1st Friday from 1:30 – 3:00 pm  
Robson Ranch House  
5687 North Robson Blvd  
Eloy, AZ 85131  
Contact: Kris Watts, 602-406-4921  
Kristina.Watts@DignityHealth.org

## Florence

### *People with Parkinson's & Care*

#### *Partners Support Group*

2nd Wednesday  
from 10:30 am – 12:00 pm  
Call for location  
Contact: Kris Watts, 602-406-5921  
Kristina.Watts@DignityHealth.org

## Fountain Hills

### *Care Partner Support Group*

1st Monday from 10:30 am – 12:00 pm  
Fountain Hills Community Center  
13001 North LaMontana Dr  
Fountain Hills, AZ 85268  
Contact: Jim Judge, 480-209-8755  
PapaGregTif@cox.net

### *Parkinson's Support Group*

1st Wednesday from 9:30 – 11:00 am  
Fountain Hills Community Center  
13001 North LaMontana Dr  
Fountain Hills, AZ 85268  
Contact: Peggy & Ron Dew  
480-313-7507  
DewTheDewAZ@hotmail.com

## **Gilbert**

### ***Coffee Every Friday***

Fridays from 9:00 – 10:00 am &  
4th Wednesday from 8:00 – 9:00 am  
Banner Neuro Wellness  
207 North Gilbert Rd  
Gilbert, AZ 85234  
Contact: Annette Edwards  
480-699-0537  
Annette.Edwards@BannerHealth.com

### ***Care Partner Support Group***

Mondays from 11:00 am – 12:00 pm  
Banner Neuro Wellness  
207 North Gilbert Rd  
Gilbert, AZ 85234  
Contact: Annette Edwards  
480-699-0537  
Annette.Edwards@BannerHealth.com

### ***Men with Parkinson's Support Group***

Tuesdays from 4:30 – 5:30 pm  
Banner Neuro Wellness  
207 North Gilbert Rd  
Gilbert, AZ 85234  
Contact: Annette Edwards  
480-699-0537  
Annette.Edwards@BannerHealth.com

### ***Women with Parkinson's Support Group***

1st & 3rd Mondays at 4:30 pm  
Banner Neuro Wellness  
207 North Gilbert Rd  
Gilbert, AZ 85234  
Contact: Annette Edwards  
480-699-0537  
Annette.Edwards@BannerHealth.com

## **Glendale**

### ***People with Parkinson's & Care Partners Support Group***

2nd & 4th Tuesdays  
from 1:00 – 2:00 pm  
Encompass Health Valley of the Sun  
Rehabilitation Hospital  
13460 North 67th Ave  
Glendale, AZ 85304  
Contact: Trent Tripp &  
Rose O'Gorman, 623-878-8800

## **Globe**

### ***People with Parkinson's & Care Partners Support Group***

1st & 3rd Fridays  
St John's Episcopal Church  
185 East Oak St  
Globe, AZ 85501  
Contact: Kris Watts, 602-406-4921  
Kristina.Watts@DignityHealth.org

## **Goodyear**

### ***Care Partners Support Group***

2nd Thursday from 10:00 – 11:00 am  
Christ Evangelical Church  
918 Litchfield Rd  
Goodyear, AZ 85338  
Contact: Ann Wheat, 602-274-5022

## **Green Valley\***

*\*For all Green Valley support groups, please contact:*  
PSG of Green Valley  
Charlene Ostund, 520-499-3858  
SupportGroup@cox.net

### ***People with Parkinson's & Care Partners Support Groups***

Three separate meetings:  
Women with Parkinson's,  
Men with Parkinson's &  
Care Partners  
3rd Wednesday from 1:00 - 2:30 pm  
Friends in Deed  
301 West Camino Casa Verde  
Green Valley, AZ 85614

### ***People with Parkinson's & Care Partners Support Group***

Educational Lecture & Potluck  
1st Friday from 1:00 - 2:30 pm  
East Social Center  
7 Abrego Dr  
Green Valley, AZ 85614

### ***People with Parkinson's & Care Partners Support Group***

Social Group/ Meet & Greet  
2nd Tuesday at 10:00 am  
Call for location  
Green Valley, AZ 85614

### ***People with Parkinson's & Care Partners Support Group***

Gratitude, Affirmation & Prayer  
3rd Thursday from 10:00 - 11:00 am  
East Social Center  
761 Abrego Dr  
Green Valley, AZ 85614

### ***People with Parkinson's & Care Partners Support Group***

Friends Night Out  
Last Thursday at 5:00 pm  
Call for location  
Green Valley, AZ 85614

## **Lakeside**

### ***People with Parkinson's & Care Partners Support Group***

1st & 3rd Fridays  
from 10:00 - 11:30 am  
Solterra Senior Living  
at White Mountains  
5408 Arizona Highway 260  
Lakeside, AZ 85929  
Contact: Rone Kline, 602-802-5700  
Solterra, 928-532-4600

## **Mesa**

### ***People with Parkinson's & Care Partners Support Group***

1st Monday from 1:30 - 3:30 pm  
Red Mountain Multigenerational Ctr  
7550 East Adobe Rd  
Mesa, AZ 85207  
Contact: Kris Watts, 602-406-4921  
Kristina.Watts@DignityHealth.org

## **Oro Valley**

### ***People with Parkinson's & Care Partners Support Group***

3rd Wednesday at 10:30 am  
(September - May)  
Desert Spring  
30 West Lambert Ln  
Oro Valley, AZ 85737  
Contact: Payton Davies, 520-825-5352

## **Phoenix**

### ***LBD Care Partners Support Group***

1st Friday from 12:30 - 2:00 pm  
Banner Alzheimer's Institute  
3rd Floor Conference Room  
901 East Willetta St  
Phoenix, AZ 85001  
Contact: 602-839-6850  
BaiInfo@BannerHealth.com

### ***LBD Care Partners Support Group***

2nd Friday from 10:00 - 11:30 am  
MAPC Community Outreach and  
Wellness Center  
240 West Thomas Rd, Ste 302  
Phoenix, AZ 85013  
Contact: Debbie Harbinson  
602-406-4697

### ***Newly Diagnosed Education***

2nd Thursday from 1:30 - 3:30 pm  
MAPC Community Outreach  
Wellness Center  
240 West Thomas Rd Suite 302  
Phoenix, AZ 85013  
Contact: Darolyn O'Donnell  
604-406-6903  
Darolyn.O'Donnell@DignityHealth.org

### ***People with Parkinson's & Care Partners Support Group***

4th Tuesday from 5:30 - 7:00 pm  
MAPC Community Outreach  
Wellness Center  
240 West Thomas Rd, Ste 301  
Phoenix, AZ 85013  
Contact: Patty Hatton, 602-406-3840

## **Phoenix - Español**

### ***Pacientes como los Familiares/ Cuidadores***

Tercero Martes de 9:00 a 11:30 am  
Duet Arizona  
10000 North 31st Ave  
Phoenix, AZ 85051  
Contacto: Claudia Martinez  
602-406-2453

## **Scottsdale**

### ***Care Partners Support Group***

4th Friday from 10:00 am - 12:00 pm  
Encompass Health Scottsdale  
Rehabilitation Hospital  
9630 East Shea Blvd  
Scottsdale, AZ 85260  
Contact: Thom Corrigan  
602-343-6422  
Thom.Corrigan@HospiceWestAZ.com

### ***Coffee Talk***

2nd & 4th Tuesdays at 9:30 am  
HonorHealth Rehabilitation  
Hospital Bistro  
8850 East Pima Center Pkwy  
Scottsdale, AZ 85258  
Contact: Jaron Gressel, 480-800-3900

### ***Newly Diagnosed Education***

2nd Friday from 9:00 – 10:30 am  
Valley of the Sun Jewish  
Community Center  
12701 North Scottsdale Rd  
Scottsdale, AZ 85254  
Contact: Patty Hatton, 602-406-3840

### ***Parkinson's Support Group for Women***

4th Wednesday from 5:30 – 7:00 pm  
Maravilla Scottsdale  
7325 East Princess Blvd  
Scottsdale, AZ 85255  
Contact: Sheryl Lowenhar  
201-741-5952

### ***People with Parkinson's & Care Partners Support Group***

1st Thursday from 10:30 am – 12:00 pm  
Desert Mission United  
Methodist Church  
7373 East Dixileta Dr  
Scottsdale, AZ 85266  
Contact: Kris Watts, 602-406-4921  
Kristine.Watts@DignityHealth.org

### ***People with Parkinson's & Care Partners Support Group***

2nd Friday from 11:00 – 1:30 pm  
Valley of the Sun Jewish  
Community Center  
12701 North Scottsdale Rd  
Scottsdale, AZ 85254  
Contact: Patty Hatton, 602-406-3840

### ***Tea & Tremors***

People with Parkinson's, Tremors,  
Dystonia & Care Partners  
2nd & 4th Tuesdays  
from 9:30 – 10:30 am  
HonorHealth Rehabilitation Hospital  
8850 East Pima Center Pkwy  
Scottsdale, AZ 85258  
Contact: Jennifer Salmon &  
Sara Pinder, 480-800-3900

### ***Sierra Vista***

#### ***People with Parkinson's & Care Partners Support Group***

3rd Tuesday at 1:15 pm  
Sierra Vista United  
Methodist Church  
Serenity Room  
3225 St Andrews Dr  
Sierra Vista, AZ 85650  
Contact: Carol Chamberlain &  
Cindy Moore, 520-803-9466

### ***Sun City***

#### ***Care Partners Support Group***

1st & 3rd Thursdays at 11:00 am  
Banner Sun Health  
Research Institute  
Building A Conference Room  
10515 West Santa Fe Dr  
Sun City, AZ 85351  
Contact: Melinda Peterson  
623-832-2046  
BannerResearch@BannerHealth.com

***Coffee Talk - People with Parkinson's and Care Partners***

Fridays from 10:00 – 11:00 am  
Banner Sun Health Research Institute  
Building B Morin Auditorium  
10515 West Santa Fe Dr  
Sun City, AZ 85351  
Contact: Veronica Flores  
623-832-3248  
BannerResearch@BannerHealth.com

***DBS Support Group***

2nd Tuesday from 12:00 – 1:30 pm  
Banner Sun Health Research Institute  
Building A Conference Room  
10515 West Santa Fe Dr  
Sun City, AZ 85351  
Contact: Melinda Peterson  
623-832-2046  
BannerResearch@BannerHealth.com

***LBD Care Partners Support Group***

4th Tuesday from 10:30 am – 12:00 pm  
Banner Sun Health Research Institute  
Building C Conference Room  
10515 West Santa Fe Dr  
Sun City, AZ 85351  
Contact: Melinda Peterson  
623-832-2046  
BannerResearch@BannerHealth.com

***Women's Support Group***

4th Wednesday from 1:00 – 3:30 pm  
Banner Sun Health Research Institute  
Building B Morin Auditorium  
10515 West Santa Fe Dr  
Sun City, AZ 85351  
Contact: Melinda Peterson  
623-832-2046  
BannerResearch@BannerHealth.com

**Sun City West**

***Care Partners Support Group***

1st and 3rd Tuesdays  
from 3:00 – 4:30 pm  
Shepard of the Hills United  
Methodist Church  
13658 Meeker Blvd  
Sun City West, AZ 85375  
Contact: Connie Danks, 623-584-4999

**Surprise**

***People with Parkinson's & Care Partners Support Group***

3rd Wednesday from 1:30 – 2:30 pm  
Fellowship Square  
16477 West Bell Rd  
Surprise, AZ 85375  
Contact: Renee Rizzo, 602-448-4060

***People with Parkinson's & Care Partners Support Group***

1st Tuesday at 10:00 am  
Sun City Grand, Cimarron Center  
17100 West Clearview Blvd  
Surprise, AZ 85387  
Contact: Patty Hatton, 602-406-3840

**Tempe - Español**

***Pacientes como los Familiares/ Cuidadores***

Tercero Jueves de 4:30 a 6:30 pm  
Pyle Adult Recreation Center  
655 East Southern Ave  
Phoenix, AZ 85282  
Contacto: Claudia Martinez  
602-406-2453

## **Tucson**

### ***LBD Care Partners Support Group***

3rd Wednesday at 2:00 pm  
Hacienda at the Canyon Memory  
Care Facility  
3900 North Sabino Canyon Rd  
Tucson, AZ 85750  
Contact: Leon (Lee) Radiemski  
520-529-2305

### ***People with Parkinson's and Care Partners Support Group***

2nd Tuesday at 6:00 pm  
Center for Neurosciences  
2450 East River Rd  
Tucson, AZ 85718  
Contact: Monica Zuniga-Quesnel  
520-795-7750

### ***People with Parkinson's & Care Partners Support Group***

3rd Monday from 12:00 - 1:30 pm  
Fronimo's  
3242 East Speedway  
Tucson, AZ 85716  
(Parking in the back)  
Contact: Sandi Larriva  
SgLarriva18@yahoo.com

### ***People with Parkinson's & Care Partners Support Group***

Last Monday from 10:30 - 11:30 am  
Mountain View Retirement Village  
7900 North La Cañada Dr  
Tucson, AZ 85704  
Contact: Karen Kochhar  
520-299-3350

### ***People with Parkinson's and Care Partners Support Group***

3rd Thursday from 1:30 - 3:00 pm  
Saddlebrook One  
64500 East Saddlebrooke Blvd  
Tucson, AZ 85737  
Contact: Vera Shury  
520-275-8755

### ***People with Parkinson's & Care Partners Support Group***

4th Tuesday at 10:30 am  
Sunflower - Village Center  
9401 North Sunflower Park Dr  
Tucson, AZ 85743  
Contact:  
Armand LaPotin, 520-780-4547  
Val Goldner, 520-572-9580

### ***People with Parkinson's & Care Partners Support Group***

2nd Tuesday from 2:00 - 3:00 pm  
The Fountains at La Cholla  
2001 West Rudasill Rd  
Tucson, AZ 85704  
Contact: 520-797-2001  
AStone@WaterMarkCommunities.com

### ***People with Parkinson's & Care Partners Support Group***

3rd Tuesday from 2:00 - 3:30 pm  
TMC for Seniors at the El Dorado  
Health Campus  
1400 North Wilmot Rd  
Tucson, AZ 85712  
(People with Parkinson's meet in  
wellness center)  
(Care partners meet in JVC room)  
Contact: 520-326-5400



### ***Women's Support Group***

Coffee and Conversation

1st Thursday at 9:00 am

Beyond Bread

421 West Ina Rd

Tucson, AZ 85704

Contact: Marilyn Hart, 520-370-2074

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## **LOCAL WELLNESS AND EXERCISE CLASSES**

### **Anthem**

#### ***PWR! Moves***

Tuesdays & Thursdays

from 1:00 – 2:00 pm

Anthem Golf and Country Club

Persimmon Fitness Center

2708 West Anthem Club Dr

Anthem, AZ 85086

Contact: Denise Stansberry

623-570-1011

### **Chandler**

#### ***Rock Steady Boxing***

John Allen's Personal Training

2915 Alma School Rd #8

Chandler, AZ 85286

Contact: Lisa Rast, 480-216-1787

Chandler@RSBAffiliate.com

www.JohnAllensAZ.com/Rock-

Steady-Boxing

### **Fountain Hills**

#### ***John Argue - Art of Moving***

(Register with MAPC

before attending)

Fridays at 9:00 am

Fountain Hills Activity Center

13001 North La Montana Dr

Fountain Hills, AZ 85268

Contact: Patty Hatton, 602-406-3840

www.FH.AZ.gov/195/Exercise-  
Programs

#### ***PWR! Moves***

(Register with MAPC

before attending)

Fridays at 10:00 am

Fountain Hills Activity Center

13001 North La Montana Dr

Fountain Hills, AZ 85268

Contact: Patty Hatton, 602-406-3840

www.FH.AZ.gov/195/Exercise-  
Programs

## **Gilbert**

### ***Dance for Parkinson's***

Mondays & Wednesdays  
from 9:00 - 10:15 am  
Fridays from 10:30 - 11:30 am  
Banner Neuro Wellness  
207 North Gilbert Rd, Ste 205  
Gilbert, AZ 85234  
Contact: Annette Edwards  
480-699-0537

### ***Rock Steady Boxing***

2235 Lindsay Rd, Ste 107  
Gilbert, AZ 85295  
Contact: Nikkel Nielsen  
480-296-1652  
Gilbert@RSBAffiliate.com

### ***Parkinson's Specific Classes***

Check website for dates and times  
Banner Neuro Wellness -  
Heritage Bldg  
207 North Gilbert Rd, Ste 205  
Gilbert, AZ 85234  
Contact: Annette Edwards  
480-699-0537  
[www.BannerHealth.com/Calendar](http://www.BannerHealth.com/Calendar)  
\$45 per month

## **Glendale**

### ***LSVT Big***

Mondays at 3:00 pm &  
Fridays at 12:00 pm  
Impact Physical Therapy  
19420 North 59th Ave, Ste E-500  
Glendale, AZ 85308  
Contact: Tami Hefferon  
480-298-0212

## **Green Valley**

### ***Aquatic Tai Chi***

Tuesdays & Thursdays at 2:00 pm  
Arroyo Gardens  
160 North La Canada Dr  
Green Valley, AZ 85614  
Contact: Sue Colley, 520-398-7728  
SupportGroup@gvspd.org

### ***Card Making***

3rd Monday at 12:30 pm  
Friends in Deed  
301 West Camino Casa Verde  
Green Valley, AZ 85614  
Contact: Charlene Ostlund  
520-437-2041  
SupportGroup@gvspd.org

### ***Exercise Class***

Mondays, Wednesdays & Fridays  
from 9:00 - 9:45 am  
Valley Presbyterian Church  
2800 Camino Del Sol  
Green Valley, AZ 85622  
Contact: Mia Lee Cooper  
520-204-5264

### ***Golfing***

Tuesdays at 8:30 am (winter)  
7:00 am (summer)  
Country Club of Green Valley  
77 East Paseo de Golf  
Green Valley, AZ 85614  
Contact: Joe Barton  
SupportGroup@gvspd.org

### ***Mandala/ Brain Aerobics***

2nd Wednesday at  
11:00 am (Mandala)  
1:00 pm (Brain Aerobics)  
Friends in Deed  
301 West Camino Casa Verde  
Green Valley, AZ 85614  
Contact: Patricia Izzi, 520-777-4847  
Charlene Ostlund, 520-437-2041  
SupportGroup@gvspd.org

### **Mesa**

#### ***Dance for Parkinson's***

Tuesdays from 11:30 am - 12:30 pm  
January 14 - May 19  
Mesa Center for the Arts  
1 East Main St  
Mesa, AZ 85201  
Contact: 490-644-6564  
Engagement@MesaArtCenter.com

#### ***Physical and Occupational Therapy\****

Mondays - Thursdays  
from 5:00 - 7:00 pm  
AT Still University Center for  
Occupational & Physical Therapy  
5850 East Still Cir  
Mesa, AZ 85206  
Contact: 480-219-6180

\* Free services by appointment only.  
Please call for more information.

### ***Rock Steady Boxing***

Mondays, Wednesdays & Fridays  
at 10:00 am, 11:30 am & 1:00 pm  
Rock Steady Boxing Mesa  
323 North Gilbert Rd, Ste 112  
Mesa, AZ 85203  
Contact: Landon Vance  
480-926-3887  
Mesa@RSBAffiliate.com

### ***Rock Steady Boxing***

MaxFit East Valley  
Personal Training  
1731 West Baseline Rd, Ste 110  
Mesa, AZ 85202  
Contact: Greg Gladysiewski  
602-750-0018  
EastValley@RSBAffiliate.com

### **Oro Valley**

#### ***Big/PWR! Moves4Balance***

Mondays & Fridays at 10:30 am  
Iora Primary Care  
10515 North Oracle Rd, Ste 185  
Oro Valley, AZ 85737  
Contact: Vera Shury, 520-275-8755

#### ***Big/PWR! Moves4Balance***

Mondays & Wednesdays at 12:00 pm  
Desert Palms Physical Therapy  
at Oro Valley  
12142 North Rancho Vistoso Blvd  
#130-150  
Oro Valley, AZ 85755  
Contact: Vera Shury, 520-275-8755

### ***PWR! Circuit***

Tuesdays, Thursdays & Saturdays  
at 2:30 pm  
Oro Valley Community Center  
11000 North La Canada Dr  
Oro Valley, AZ 85737  
Contact: Nancy Nelson  
520-591-5346  
[www.OroValleyAZ.gov/Community-Center/Fitness-Classes-Schedule](http://www.OroValleyAZ.gov/Community-Center/Fitness-Classes-Schedule)

### ***Strength and Balance – Parkinson's Inclusive***

Mondays, Wednesdays & Fridays  
from 2:30 – 4:00 pm  
Ranch Vistoso Urgent Care  
Community Education Room  
13101 North Oracle Rd  
Oro Valley, AZ 85739  
Contact: Vera Shury, 520-275-8755

## **Peoria**

### ***Rock Steady Boxing***

Mondays, Wednesdays & Fridays –  
All levels  
Rock Steady Boxing Gym  
8815 West Peoria Ave, Ste 1  
Peoria, AZ 85345  
Contact: Sarah Scott, 623-878-2935  
[Phoenix@RSBAffiliate.com](mailto:Phoenix@RSBAffiliate.com)

## **Phoenix**

### ***Dance for Parkinson's***

Wednesdays from 11:00 am – 12:15 pm  
& Fridays from 11:00 am – 12:15 pm  
Ballet Arizona  
2835 E Washington St  
Phoenix, AZ 85034  
Contact: Debbie Braganza  
602-381-0188

### ***Dance for Parkinson's***

(Register with MAPC before  
attending)  
Thursdays from 11:30 am – 12:45 pm  
Bender Performing Arts  
3141 East Beardsley Rd, Ste 110  
Phoenix, AZ 85050  
Contact: Debbie Braganza  
602-381-0188  
[Questions@BalletAZ.org](mailto:Questions@BalletAZ.org)

### ***Knock out Parkinson's Boxing***

Level 1 Tuesdays from 5:30 – 7:00 pm  
Level 1/2 Tuesdays  
from 9:15 – 10:45 am  
Level 4 Mondays from 2:15 – 3:15 pm  
MAPC Community Outreach and  
Wellness Center  
240 West Thomas Rd, Ste 302  
Phoenix, AZ 85013  
Contact: 602-406-3840

### ***LSVT BIG and LOUD***

1:1 Physical Therapy Sessions  
Landmark Physical Therapy  
4530 East Shea Blvd, Ste 105  
Phoenix, AZ 85208  
Contact: 480-494-2050

### ***LSVT BIG and LOUD***

1:1 Physical Therapy Sessions  
MAPC Neurorehabilitation  
240 West Thomas Rd, Ste 302  
Phoenix, AZ 85013  
Contact: 602-406-5266

### ***Parkinson's Specific Classes***

(Call to Register & visit website for days and times)

MAPC Community Outreach and Wellness Center  
240 West Thomas Rd, Ste 302  
Phoenix, AZ 85103  
Contact: 602-406-3840  
\$5 per class,  
\$30 unlimited monthly  
[www.BarrowNeuro.org/Parkinsons](http://www.BarrowNeuro.org/Parkinsons)

### ***PWR! Exercise Group***

(Call to RSVP)  
Thursdays at 3:45 pm  
Swan Rehabilitation  
1190 East Missouri Ave, Ste 100  
Phoenix, AZ 85013  
Contact: 602-393-0520  
[SwanRehab@aol.com](mailto:SwanRehab@aol.com)  
\$10 per session

### ***John Argue – Art of Moving***

Tuesdays from 9:30 – 10:30 am  
Shiloh Community Church  
19021 North 32nd St  
Phoenix, AZ 85050  
Contact: Christina Dart  
602-689-8428  
\$5 per class,  
\$30 unlimited monthly

### ***Tai Chi***

Mondays from 2:30 – 3:30 pm  
Shiloh Community Church  
19021 North 32nd St  
Phoenix, AZ 85050  
Contact: Christina Dart  
602-689-8428  
\$5 per class,  
\$30 unlimited monthly

### ***Tea & Tremors***

3rd Friday at 12:00 pm  
Swan Rehabilitation  
Conference Room  
1190 East Missouri Ave, Ste 100  
Phoenix, AZ 85013  
Contact: Trina Whittaker  
602-393-0520  
[Trina.Whittaker@SwanRehab.com](mailto:Trina.Whittaker@SwanRehab.com)

## **Phoenix – Español**

### ***Coro “Voces Unidas”***

Sábados de 10:30 am a 12:30 pm  
(Los horarios cambian durante el verano y el fin de año)  
Beatitudes Campus  
1610 West Glendale Ave  
Phoenix, AZ 85021  
Contacto: Claudia Martinez  
602-406-2453  
Costo de inscripción: \$10  
Becas disponibles.

### ***Taller de Pintura***

Jueves de 9:30 a 11:30 am  
Muhammad Ali Parkinson Center  
240 West Thomas Rd, Ste 302  
Phoenix, AZ 85013  
Contacto: Claudia Martinez  
602-406-2453  
(Llame al Claudia para informarse  
sobre las próximas fechas en que  
este programa estará disponible.)

### ***Yoga para Todos***

Sábados de 9:30 a 10:30 am  
(Los horarios cambian durante el  
verano y el fin de año.)  
Beatitudes Campus  
1610 West Glendale Ave  
Phoenix, AZ 85021  
Contacto: Claudia Martinez  
602-406-2453

## **Scottsdale**

### ***Cycling for Parkinson's class***

Fridays from 11:30 am - 12:15 pm  
Valley of the Sun Jewish  
Community Center  
12701 North Scottsdale Rd  
Scottsdale, AZ 85254  
Contact: Megan Montgomery  
480-481-7018  
HealthAndFitness@VOSJCC.org

### ***Dopa Drills***

Tuesdays and Thursdays  
from 1:30 - 2:15 pm  
12th Round Fit  
2515 North Scottsdale Rd #14  
Scottsdale, AZ 85257  
Contact: 480-374-3384  
RootPhysicalTherapy@gmail.com

### ***Exercise Class***

Fridays from 10:00 - 11:00 am  
Belmont Village Senior Living  
13850 North Frank Lloyd  
Wright Blvd  
Scottsdale, AZ 85260  
Contact: 480-945-3600

### ***Knock out Parkinson's Boxing***

Tuesdays from 12:00 - 12:45 pm  
& Thursdays from 12:00 - 12:45 pm  
Valley of the Sun Jewish  
Community Center  
12701 North Scottsdale Rd  
Scottsdale, AZ 85254  
Contact: Megan Montgomery  
480-483-7121  
HealthAndFitness@vosjcc.org

### ***LSVT BIG and LOUD***

1:1 Physical Therapy Sessions  
Landmark Physical Therapy  
8220 North Hayden Rd, C-108  
Scottsdale, AZ 85258  
Contact: 480-207-7197

***LSVT BIG and LOUD; Boxing for Parkinson's***

1:1 Physical Therapy Sessions  
Landmark Physical Therapy  
9364 East Raintree Dr, Ste 103  
Scottsdale, AZ 85260  
Contact: 480-661-1124  
PT@LandmarkPTClinics.com

***Parkinson's Specific Classes***

Valley of the Sun JCC  
12701 North Scottsdale Rd, Ste 201  
Scottsdale, AZ 85254  
Contact: 480-483-7121  
HealthAndFitness@VOSJCC.org  
Members: free for all but boxing  
& movement classes  
Guests: prices vary

***Physical Therapy***

Root Physical Therapy  
Mobile Concierge - Valley wide  
Contact: Jennifer Anderson  
480-374-3384  
RootPhysicalTherapy@gmail.com

***PWR! Moves***

Tuesdays & Thursdays  
from 12:30 - 1:15 pm  
Contact: 480-374-3384  
RootPhysicalTherapy@gmail.com

***Tremble Clefs***

2nd & 4th Tuesdays  
from 1:30 - 3:30 pm  
Desert Mission United  
Methodist Church  
737 East Dixileta Dr  
Scottsdale, AZ 85266  
Contact: Sun Joo Lee, 470-274-3206

***Tremble Clefs***

(Register with MAPC before  
Attending)  
Thursdays at 4:00 pm  
(Except July & August)  
Granite Reef Senior Center  
1700 North Granite Rd  
Scottsdale, AZ 85257  
Contact: Sun Joo Lee, 480-274-3206  
Faith Blenke, 480-991-0451

***Sierra Vista***

***Exercise Class***

Mondays & Fridays at 10:30 am  
United Methodist Church  
3225 St Andrews Dr  
Sierra Vista, AZ 85650  
Contact: Nancy Buttke, 520-378-3765

***Show Low***

***LSVT BIG and LOUD***

1:1 Personal Therapy Sessions  
Summit Healthcare  
2200 East Show Low Lake Rd  
Show Low, AZ 85901  
Contact: 928-537-4375

***Sun City***

***Parkinson's Specific Classes***

Banner Neuro Wellness West  
10515 West Santa Fe Dr, 1st Floor  
Sun City, AZ 85351  
Contact: Melinda Theobald  
623-832-2046  
[www.BannerHealth.com/Services/  
Neurosciences-Stroke](http://www.BannerHealth.com/Services/Neurosciences-Stroke)  
\$5 drop-in rate, Free with \$40  
monthly membership

### ***Tremble Clefs***

(Register with MAPC before attending)

Wednesdays

from 10:00 am – 12:00 pm

Shepherd of the Desert

Lutheran Church

11025 North 111th Ave

Sun City, AZ 85351

Contact: Sun Joo Lee, 480-274-3206

### **Sun City West**

#### ***Expressive Art***

(Register with MAPC before attending)

Fridays from 10:00 – 11:30 am

Lord of Life Lutheran Church

13724 West Meeker Blvd

Sun City West, AZ 85375

Contact: Patty Hatton, 602-406-3840

#### ***PWR! Moves 3***

(Register with MAPC before attending)

Mondays from 10:15 – 11:15 am

Shepherd of the Hills United Methodist Church

13658 West Meeker Blvd

Sun City West, AZ 85375

Contact: Therese Abair

602-406-3840

\$5 per class

#### ***Tremble Clefs***

Tuesdays from 9:00 – 11:00 am

Sun City West Christian Church

20803 North 151st Ave

Sun City West, AZ 85375

Contact: Tim Sheehan

928-713-6800

### **Sun Lakes**

#### ***Tremble Clefs***

Thursdays at 1:00 pm

Sun Lakes United Methodist

9848 East Riggs Rd

Sun Lakes, AZ 85248

Contact: Sun Joo Lee, 480-274-3206

[www.slcep.com/Music-Therapy](http://www.slcep.com/Music-Therapy)

### **Surprise**

#### ***PWR! Moves 4***

Mondays & Wednesdays

from 2:00 – 3:00 pm

Sun City Grand Adobe Center

19755 North Remington Dr

Surprise, AZ 85374

Contact: Therese Abair

561-281-5895

#### ***PWR! Moves***

Fridays at 11:00 am

Sun City Grand - Cimarron

17100 West Clearview Blvd

Surprise, AZ 85387

Contact: Therese Abair, 561-281-5895

### **Tempe – Español**

#### ***Taller de Pintura***

Jueves de 4:30 a 6:30 pm

Pyle Adult Recreation Center

655 East Southern Ave

Tempe, AZ 85282

Contacto: Claudia Martinez

602-406-2453

(Llame al Claudia para informarse sobre las próximas fechas en que este programa estará disponible.)



## **Tucson**

### ***Big/PWR! Moves4Balance***

Tuesday & Thursdays  
from 1:30 - 3:00 pm  
Saddlebrooke One  
Craft Center Room #3  
64500 East Saddlebrooke Blvd  
Tucson, AZ 85739  
Contact: Vera Shury, 520-275-8755

### ***Knock out Parkinson's***

1:1 physical therapy sessions  
Athlon Physical Therapy  
2560 East Fort Lowell Rd  
Tucson, AZ 85716  
Contact: 520-323-9086  
[www.AthlonPT.com/Program/  
Knock-Out-Parkinsons.php](http://www.AthlonPT.com/Program/Knock-Out-Parkinsons.php)

### ***Music Mends Minds***

Two Wednesdays per month  
at 1:00 pm (call for days)  
Saddlebrooke TWO, West Ballroom  
38759 Mountain View Blvd  
Tucson, AZ 85739  
Contact: Earlene Lewis, 520-954-5859  
Maggie DeBlock, 520-818-7835

### ***Parkinson's Nutrition***

#### ***Cooking Class***

Tuesdays from 5:00 - 7:00 pm  
Call for location  
Tucson, AZ 85741  
Contact: Vanessa Leschak  
[ParkyNut@gmail.com](mailto:ParkyNut@gmail.com)  
\$10.00 per class

### ***Parkinson Exercise***

Tuesdays from 11:00 am - 12:00 pm  
Fridays from 9:00 - 10:00 am  
Saddlebrooke TWO  
Desert View Fitness Center  
39900 Clubhouse Dr  
Tucson, AZ 85739  
Contact: Marcia Prie, 520-818-1300  
\$7 per class

### ***Parkinson's Specific Classes***

Wednesdays at 10:00 am  
Parkinson Wellness Recovery  
(PWR!)  
140 West Fort Lowell Rd  
Tucson, AZ 85705  
Contact: Melisa Doran Cole  
520-591-5346  
[Info@PWR4Life.org](mailto:Info@PWR4Life.org)

### ***PWR! Moves Plus class***

1:1 Personal Therapy Sessions  
Summit Healthcare  
2200 East Show Low Lake Rd  
Show Low, AZ 85901  
Contact: 928-537-4375

### ***QiGong***

Tuesdays at 9:00 am  
Foothills Place  
3701 North Swan Rd  
Tucson, AZ 85718  
Contact: Vera Shury, 520-275-8755

### ***Tai Chi – Parkinson’s Inclusive***

Tuesdays from 9:05 – 10:05 am  
(Beginner)

Saturdays from 11:30 am – 12:30 pm  
(Advanced)

Saturdays from 12:30 – 1:30 pm  
(Intermediate)

Saddlebrooke One, Fitness Center  
64500 East Saddlebrooke Blvd

Tucson, AZ 85739

Contact: Carol Emerson, 520-373-3778

Ken Emerson, 520-784-1475

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## **ADDITIONAL EDUCATION OPPORTUNITIES**

### ***PD 101 and PD 202***

Courses available online & in-person  
MAPC Community Outreach and  
Wellness Center

240 West Thomas Rd, Ste 302

Phoenix, AZ 85013

Contact: Darolyn O’Donnell

602-406-6903

Darolyn.O’Donnell@DignityHealth.org

### ***Wellness Day at the J: Education and Exercise***

Friday, April 3, 2020

The Valley of the Sun Jewish

Community Center

12701 North Scottsdale Rd

Scottsdale, AZ 85254

Contact: Kris Watts, 602-406-4921

Kristina.Watts@DignityHealth.org

### ***Practical Approach to Cognitive Challenges Educational Conference***

Friday, February 14, 2020 - English;

Saturday February 15, 2020 - Spanish

Barrow Neurological Institute

Sonntag Pavillion

350 West Thomas Rd

Phoenix, AZ 85013

Contact: Kris Watts, 602-406-4921

Kristina.Watts@DignityHealth.org

### ***Finding the We in PD:***

#### ***A workshop for Couples***

Friday, April 17, 2020 English

Sunday, April 19, 2020 Spanish

Antigua Garden

2645 North 16th St

Phoenix, AZ 85006

Contact: Darolyn O’Donnell

602-406-6903

Darolyn.O’Donnell@DignityHealth.org

### ***Gender Difference Conference***

Saturday, March 21, 2020

9:00 am – 2:30 pm

North Phoenix Baptist Church

5757 North Central Ave

Phoenix, AZ 85012

Contact: Kris Watts, 602-406-4921

Kristina.Watts@DignityHealth.org

# PARTNERS

## Muhammad Ali Parkinson Center

The Muhammad Ali Parkinson Center is dedicated to providing expert clinical care, rehabilitation therapies, research and community outreach. We are a world leader in Deep Brain Stimulation (DBS) surgery. Our demonstrated commitment to these areas has earned us the distinction as a Parkinson's Foundation Center of Excellence. Programs are available in English and Spanish.

[www.BarrowNeuro.org/Parkinsons](http://www.BarrowNeuro.org/Parkinsons)



Muhammad Ali  
Parkinson Center  
A Parkinson's Foundation  
Center of Excellence

## PMD Alliance

Parkinson & Movement Disorder Alliance (PMD Alliance) is an independent non-profit organization dedicated to improving the lives of people impacted by movement disorders through social and educational opportunities. Based in Tucson, but with a national reach, PMD Alliance's in-person and online live-stream programs bring together people across the movement disorder ecosystem to learn, live more fully and connect with community.

[www.PMDAlliance.org](http://www.PMDAlliance.org)



**PMD Alliance**  
Parkinson & Movement Disorder Alliance

## Western Neuro

Western Neuro is a group of experienced neurosurgeons, neurologists, nurse practitioners and physician assistants, providing comprehensive medical and surgical care for patients with neurological disorders in a comfortable and compassionate setting.

[www.NSAZ.com](http://www.NSAZ.com)



**WESTERN NEURO**  
Arizona's Premier Brain & Spine Specialists



**DAVIS PHINNEY**  
Foundation For Parkinson's  
*every victory counts®*

[davisphinneyfoundation.org](http://davisphinneyfoundation.org)  
(866) 358-0285  
[contact@dpf.org](mailto:contact@dpf.org)