

## Your local Parkinson's support groups

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>Singing – The Bushlarks Choir</b></p> <p><b>Every Monday</b> 10:00am – 12:00pm St Simon's Anglican Church (Georgina Cres, Kaleen)</p> <p><b>Enquiries:</b> sarahlouowens@gmail.com</p>	<p><b>Tuesday Support Group</b></p> <p><b>4<sup>th</sup> Tuesday of the month</b> 6:00 – 7:30pm THRFG-PACT Office, (Suite 6, 32 Thesiger Court Deakin)</p> <p><b>Enquiries to Dimitra:</b> 0401 765 904 dimitra.campbell@hotmail.com</p> <p><b>Dance for People with Parkinson's – Belconnen</b></p> <p><b>Every Tuesday</b> 1:15 – 2.30pm</p> <p>Belconnen Arts Centre (Emu Bank, Belconnen)</p> <p>\$100 for 10 week term (alongside ACT school terms) or \$12 per class.</p> <p>No booking required.</p> <p><b>Enquiries:</b> ZestDWB@gmail.com 0417 417 182</p>	<p><b>Dance for People with Parkinson's – Tuggeranong</b></p> <p><b>Every Wednesday</b> 11.15am – 12.30pm Tuggeranong Arts Centre (137 Reed St, Greenway)</p> <p>\$100 for 10 week term (alongside ACT school terms) or \$12 per class.</p> <p>No booking required.</p> <p><b>Men Who Care</b></p> <p><b>3<sup>rd</sup> Wednesday of the month</b> 2:30 – 4:00pm THRFG-PACT Office, (Suite 6, 32 Thesiger Court Deakin)</p> <p><b>Enquiries:</b> gregorhenderson@aol.com</p>	<p><b>Painting with Parkinson's - Southside</b></p> <p><b>Every Thursday</b> 10:00am - 12:00pm LDK Greenway Views (260 Soward Way, Greenway)</p> <p><b>Enquiries to Ian:</b> ianjbignall@gmail.com</p> <p><b>Carers Coffee</b></p> <p><b>1<sup>st</sup> Thursday of the month</b> 2:00pm – 3:30pm Yarralumla Gallery and The Oaks Brasserie Cottage (Weston Park Rd, Yarralumla)</p> <p><b>Enquiries to Jenny Scott:</b> 0434 961 905 (phone and SMS, no voicemail) or info@parkinsonsact.org.au</p> <p><b>Guys and Games Gathering</b></p> <p><b>2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday of the month</b> 10:00am - 12:00pm Manuka Tennis Club (Flinders Way, Griffith)</p> <p><b>Enquiries to Martin:</b> martinpikler@gmail.com</p> <p><b>Bungendore Support Meeting</b></p> <p><b>4<sup>th</sup> Thursday of the month</b> 10:30am – 12:00pm Bungendore Medical Centre (2631/36 Ellenden St, Bungendore, NSW)</p> <p><b>Enquiries:</b> Anne, Bungendore Medical Centre 6238 1417 / reception@bungendoremedicalcentre.com.au Margaret Day (coordinator) 0418 649 801 or meday154@gmail.com</p> <p><b>Women with Parkinson's</b></p> <p><b>1<sup>st</sup> Thursday of the month</b> 1:00pm – 3:00pm The Henry Retirement Village (Higgins ACT) and THRFG-PACT Office(Suite 6, 32 Thesiger Court Deakin)</p> <p><b>Enquiries:</b> jmiragaya1@outlook.com</p>	<p><b>Painting with Parkinson's – Botanic Gardens</b></p> <p><b>Every Friday</b> 10:00am – 12:00pm Australian National Botanic Gardens (Clunies Ross St, Acton)</p> <p><b>Enquiries to Ian:</b> ianjbignall@gmail.com</p>

