

Your local Parkinson's support groups

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

