

PARKINSON'S VOICE



Bluegrass Parkinson's Alliance March 2025 Newsletter

We are excited for our Care Partners Event on Wednesday!

Thank you to all who RSVPed to attend restorative yoga and lunch at the Signature Club of Lansdowne this Wednesday, March 5. If you are a care partner and would still like to attend, please email Laura at Laura@parkinsonslexington.com. The day begins at 10:30 am and will conclude after lunch around 1 pm.



All are invited to a Discussion Group this month!

BPA's Discussion Groups are one of the best ways to meet fellow BPA members, share advice and tell stories. I hope you can join us!

The Evening Discussion Group will meet March 5 at 6 pm. For the Evening Group, care partners and those with Parkinson's will meet together in the Bradford room for the first half hour and then divide up for the second half hour. I hope you can join us!

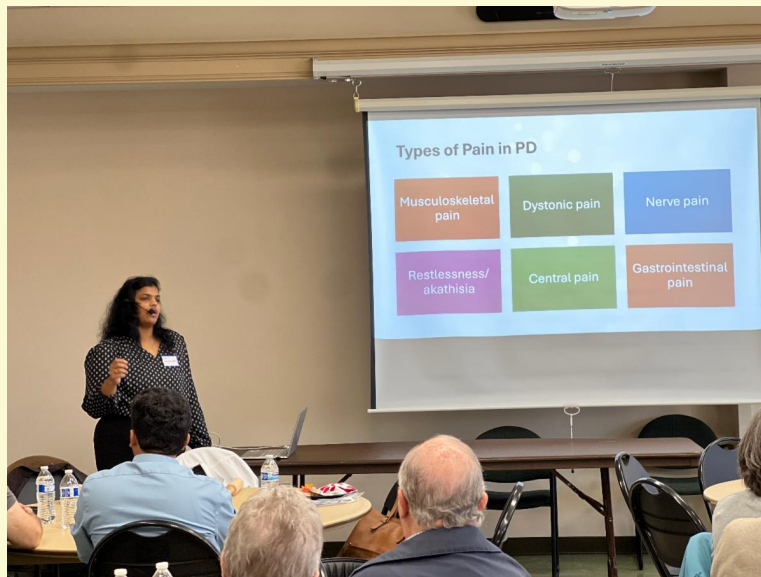
**EVENING
DISCUSSION
GROUP**



The Daytime Discussion group will meet Monday, March 24 at 11:30 am at Crestwood Christian Church. For the Daytime Group, people with Parkinson's Disease meet in the Bradford Room and Care Partners meet in Chalice Hall.



Thank you to all who attended Dr. Vasireddy's presentation last week. [CLICK HERE](#) to see the slides from her talk on *Living Better: Strategies for Pain Management in Parkinson's Disease*.



BPA's sister group, Parkinson's In Motion, is hosting a book study on the book *Parkinson's: How to Reduce Symptoms Through Exercise*. All are invited to join via Zoom or in person if convenient. Even if you cannot attend the first session this week on March 3, you can attend the second two on March 10 and 17. It begins at 12 pm each Monday, and you can [CLICK HERE](#) to join the Zoom.

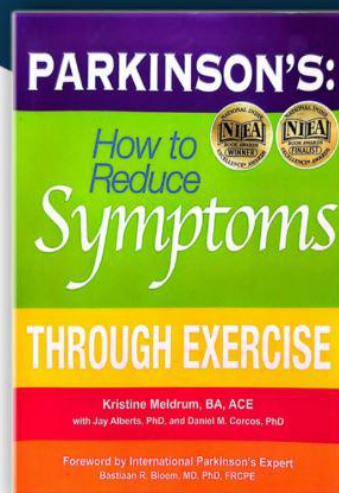


Book Study

March 3rd, 10th, and 17th | 12:00 P.M. EST
Laurel County Public Library
Attend Live or via Zoom

Featured Book:
**Parkinson's: How to Reduce Symptoms
Through Exercise**

RSVP:
www.laurellibrary.org



Learn from the author,
Kristine Meldrum, BA, ACE
Parkinson's Exercise Expert

www.parkinsonsinmotion.org

Co-hosted by the Laurel County Public Library



Lexington (KY) Alumnae
Delta Sigma Theta Sorority, Inc.

EMPTY PILL BOTTLE DONATION DRIVE

AN INTERNATIONAL AWARENESS & INVOLVEMENT PROGRAM

In developing countries, medicines are often dispensed into hands, paper napkins, pockets, or any other available container. Donations of clean, unlabeled, empty pill bottles help us distribute much needed medication in sterile containers.

March 8, 2025

1:00-2:00PM

Lexington Pick Up Locations

Beaumont, Eastside,
& Northside Branch Libraries

Georgetown Pick Up Locations

Scott County Public Library

WWW.LINKTR.EE/DSTLEXY

BPA provides lots of programming free of charge to all members. Each of these classes can be taken by both people with Parkinson's Disease and care partners. Simply reply to this email or email Laura Soldato at Laura@parkinsonslexington.com with any questions!

Power for PD **Mondays at 1 pm** **Crestwood Christian Church**

Power for PD is a group exercise class that combines aerobic and physical therapy exercises together for a great workout!

Power for PD meets Mondays in Crestwood Christian Church's Gymnasium, 1882 Bellefonte Dr, Lexington, KY 40503.

POWER **for PD**



Group Exercise Class

Loud Crowd

Tuesdays at 11 am
Virtual

Loud Crowd is a speech therapy program specifically designed for people with Parkinson's Disease. It is still meeting virtually.

Please email Heather for the link at Heather.gaddis@bhsi.com



Drums Alive!
Tuesdays at 2 pm
Saint Luke's UMC

Drums Alive! is an active class that combines music therapy and physical therapy together in a program specifically designed for Parkinson's patients and their care partners. Drums Alive! uses movement, music and drums to engage those with PD hopefully helping with balance and coordination.

Drums Alive meets Tuesday afternoons at 2pm at Saint Luke's United Methodist Church, 2351 Alumni Dr, Lexington, KY 40517.

<https://uky.zoom.us/j/82318329955>



Aquatics Class
Wednesdays at 2 pm
Cardinal Hill

The Aquatics Class is a water aerobics class for People with Parkinson's Disease and their care partners. All are welcome!

Cardinal Hill Pool, Entrance D



Sentimental Journey Choir
Thursdays at 2 pm
Crestwood Christian Church

Sentimental Journey is a therapeutic choir for people with PD and their care partners. It combines voice and breathing exercises within the music therapy class.

<https://uky.zoom.us/j/86825969557>



Harmonica Basics

Thursdays at 3 pm
Crestwood Christian Church

Harmonica Basics is a new class to BPA's circuit. The class will be a different way for members to work on vocal strength, oral muscular health and breathing technique.

Harmonica Basics meets Thursdays at 3 pm at
Crestwood Christian Church

Bluegrass Parkinson's Alliance



Harmonica Basics
Music Therapy Class

Parkinson's Exercise Program (PEP)

Thursdays at 6 pm
Cardinal Hill

PEP is a group exercise class for people with PD and their care partners who are able to move without the help of an assisted device. All agree PEP is an excellent workout in a fun, group environment.

Cardinal Hill, Entrance E, Outpatient Therapy Center



Tai Chi

Fridays at 1 pm
Crestwood Christian Church

Tai Chi is an internal Chinese martial art practiced for defense training, health benefits, and meditation. It is highly recommended for people with PD.

Tai Chi meets at Crestwood Christian Church, 1882 Bellefonte Dr, Lexington, KY 40503



Tai Chi

I hope you will join BPA for a class or event this month! All classes and activities are seen on the calendar below and you can **[CLICK HERE](#)** for a printable version of the calendar as well.

If you have any questions about classes, please email or call Laura.
Laura@parkinsonslexington.com or (859) 428-8627.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1 PF Event
2	3 Power for PD Crestwood @ 1 pm	4 Loud Crowd @ 11am Drums Alive @ 2pm @ Saint Luke's UMC	5 Care Partner Event at Signature Club Aquatics Class at Cardinal Hill @ 2 pm Evening Discussion Group at 6 pm @Crestwood	6 Sentimental Journey @ 2 pm; Harmonica Basics @ 3 pm at Crestwood PEP @ 6 pm at Cardinal Hill	7 Tai Chi @ 1 pm at Crestwood	8
9	10 Power for PD Crestwood @ 1 pm	11 Loud Crowd @ 11am Drums Alive @ 2pm @ Saint Luke's UMC	12 Aquatics Class at Cardinal Hill @ 2 pm	13 Sentimental Journey @ 2 pm; Harmonica Basics @ 3 pm at Crestwood PEP @ 6 pm at Cardinal Hill	14 Tai Chi @ 1 pm at Crestwood	15
16	17 Power for PD Crestwood @ 1 pm	18 Loud Crowd @ 11am Drums Alive @ 2pm @ Saint Luke's UMC	19 Aquatics Class at Cardinal Hill @ 2 pm	20 Sentimental Journey @ 2 pm; Harmonica Basics @ 3 pm at Crestwood PEP @ 6 pm at Cardinal Hill	21 NO TAI CHI!	22
23	24 Daytime Discussion Group at 11:30 am @Crestwood Power for PD Crestwood @ 1 pm	25 Loud Crowd @ 11am Drums Alive @ 2pm @ Saint Luke's UMC	26 Aquatics Class at Cardinal Hill @ 2 pm	27 Sentimental Journey @ 2 pm; Harmonica Basics @ 3 pm at Crestwood PEP @ 6 pm at Cardinal Hill	28 Tai Chi @ 1 pm at Crestwood	

BPA is grateful to our Yearly Sponsors for allowing us to provide free exercise and therapy classes each day. Their generosity allows BPA to continue its mission to create a community of hope and encouragement by providing resources and support services to those affected by Parkinson's Disease.





Try email marketing for free today!