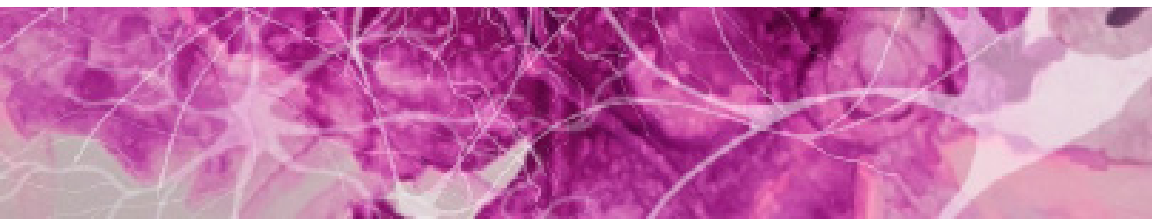




2021 PLANNER

SEMINARS • GROUPS • RECREATIONAL SUPPORT • REGIONAL OUTREACH



LIVING WELL SEMINARS

Parkinson's SA&NT will host a series of topic based information seminars throughout 2021. Below is a list of 2021 topics - Please see bi-monthly calendars distributed throughout the year for date & venue specifics.

TOPICS

- Don't Dr. Google! Your guide to your first year with Parkinson's
- Symptoms that give you the sh*ts! Come and ask the experts
- Successful planning with Parkinson's
- Self-care is not selfish
- Medical Marijuana
- Straight out of the Gait: find your balance
- Parkinson's. A word NOT a sentence
- Parenting with Parkinson's
- Parkinson's in plain language – for kids
- Let's talk about sex
- Shake well before use – getting yourself up and motivated
- Parky proofing your home
- 50 shades of Parkinson's meds
- Finding YOUR Health Professional

Taboo or not Taboo? That is the question - series

- Sexual dysfunction – men's workshop
- Sexual dysfunction – women's workshop
- Black Dog days
- Impulse control disorders
- End of life planning/advanced care directives
- Understanding legalities of life
- Time out before you burn out
- When to make the move - from respite to residential aged care

REGIONAL OUTREACH

1-DAY CONFERENCES

Barossa Hills Fleurieu Local Health Network
(to be held in Gawler)

Eyre and Far North Local Health Network
(to be held in Port Lincoln)

Flinders and Upper North Local Health Network
(to be held in Whyalla)

Limestone Coast Local Health Network
(to be held in Mount Gambier)

Riverland Mallee Coorong Local Health Network
(to be held in Berri)

Yorke and Northern Local Health Network
(to be held in Port Pirie)

SPECIALISED GROUPS

Bereavement Group

A time set aside twice a year, for those in the Parkinson's community who have recently lost a loved one, to come together for support and care.

Deep Brain Stimulation Surgery Group

Meets 1st Monday of each month 10am – 12noon
A support and education group involving people who are contemplating having or have had Deep Brain Stimulation surgery.

Dystonia Group

3-monthly support and education group for people who experience dystonia as part of Parkinson's or as a separate condition.

Carers Group

Meets last Monday of each month 10am – 12noon
A monthly support and education group for those who care for a family member diagnosed with Parkinson's or another movement disorder.

Parkinson's Plus Lunch Group

Meets 3rd Tuesday of each month 12:30pm – 2pm
A social, support and education group for those affected by Progressive Supranuclear Palsy, Multiple System Atrophy, Corticobasal Degeneration or Lewy Body Dementia.

Women with Parkinson's Group

Meets 4th Thursday of each month 1:30pm – 3pm
A social support group meeting monthly for women of any age living with Parkinson's or another movement disorder to foster friendships and social support networks.

Men's Group

Meets the first Tuesday of each month 10-11:30.
A social meet up for men living with Parkinson's and men who are caring for someone with Parkinson's to have a coffee and share hobbies and interests.

20s to 50s Group

People that are aged in their 20s to 50s living with Parkinson's and their family/carers get together for an intensive seminar on living well on a Saturday and for a couple of social dinners throughout the year.

SUPPORT/ EDUCATION GROUPS

Monthly support and education groups meet across the metropolitan and country areas, for people with Parkinson's or another movement disorder and their family members to listen to guest speakers, share information and strategies on how to maximise wellbeing.

Adelaide Hills	North Yorke Peninsula
Brighton	Onkaparinga
Brighton Carers	Parkinson's Plus Lunch Group
Brushlines Art	Port Pirie
Darwin	Tumby Bay
Deep Brain Stimulation	Western
Family Carers	Whyalla
Kingscote (Kangaroo Island)	Women's Group
Mens Group	Young Onset
North East	

RECREATIONAL SUPPORT

BRUSHLINES ART GROUP - Unley

Wednesdays 10 - 12noon

LOOSEN UP ART CLASS - Adelaide Hills

Thursdays 10 - 11:30am

PHOTOGRAPHY GROUP - Unley

1st Monday monthly - 10 - 12noon

SHOUT OUT SINGING GROUP - Zoom

Commencing Feb 2021

WORDSFLOW WRITERS GROUP - Zoom



1st Thursday Monthly - 11 - 12noon

We require RSVPs for all seminar and group attendance. This helps for both Government funding requirements and to help us cater appropriately. Please make sure you RSVP by calling 8357 8909 or email info@parkinsonssa.org.au

= School Holidays
 = Public Holidays (office closed)



JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			New Years Day Public Holiday	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
			Brushlines Art 10 - 12noon			
18	19	20	21	22	23	24
Living Well: Straight out of the gait: Find your balance 2-3:30pm	Parkinson's Plus Lunch Group 12 - 2pm The Goody		Brushlines Art 10 - 12noon			
25	26 Australia Day Public Holiday	27	28 Brushlines Art 10 - 12noon	29	30	31

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FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 DBS Group 10 - 12noon The Goody	2 Mens Group 10 - 11am King Room	3 Brushlines Art 10 - 12noon	4 Wordsflow Writers Group 11:00 - 12noon	5 Taboo Session: Time out before you burnout 1.30 - 3pm Western Support Group 10:00 - 12noon	6	7
8 Photography 10:30 - 12noon Bereavement Group 2:00 - 3:30pm Port Pirie Support Group 11:00am	9 Brighton Support Group 1:30 - 3:30pm	10 Brushlines Art 10 - 12noon KI Support Group 10:00 - 11:30am	11 Living Well: Symptoms that give you the sh*ts! 10:30-12:00pm	12 Whyalla Support Group 10:30 - 12:00pm	13	14
15 Shout Out Singing Group TBC Brighton Carers Group 1:30 - 3:00pm	16 Parkinson's Plus Lunch Group 12 - 2pm The Goody Adelaide Hills Support Group 2:00 - 4:00pm	17 Brushlines Art 10 - 12noon	18 Regional Connect Group 11 - 12noon Nth Yorke (Moonta) Group 11am - 1:00pm	19 Nth East Support Group 2:00 - 3:30pm Tumby Bay Support Group 2:00 - 4:00pm	20	21
22 Shout Out Singing Group TBC Carer's Group 10 - 12noon Weeks Room	23	24 Brushlines Art 10 - 12noon	25 Women with Parkinson's 1:30pm - 3pm Weeks Room	26 Onkaparinga Support Group 1:00 - 3:00pm 20's to 50's social dinner 6:00pm	27	28

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MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Shout Out Singing Group TBC DBS Group 10 - 12noon The Goody	2 Mens Group 10 - 11am King Room	3 Brushlines Art 10 - 12noon	4 Wordsflow Writers Group 11:00 - 12noon	5 Western Support Group 10:00 - 12noon	6	7
8 Adelaide Cup Public Holiday	9 Brighton Support Group 1:30 - 3:30pm	10 Brushlines Art 10 - 12noon KI Support Group 10:00 - 11:30am	11 Successful Planning with Parkinson's 11 - 12:30pm	12 Whyalla Support Group 10:30 - 12:00pm	13	14
15 Photography 10:30 - 12noon Shout Out Singing Group - TBC Brighton Carers Group 1:30 - 3:00pm Pt Pirie Support Group 11am	16 Parkinson's Plus Lunch Group 12 - 2pm The Goody Adelaide Hills Support Group 2:00 - 4:00pm	17 Brushlines Art 10 - 12noon	18 Regional Connect Group 11 - 12noon Nth Yorke (Moonta) Group 11am - 1:00pm	19 Nth East Support Group 2:00 - 3:30pm Tumby Bay Support Group 2:00 - 4:00pm	20	21
22 Shout Out Singing Group TBC	23	24 Brushlines Art 10 - 12noon	25 Women with Parkinson's 1:30pm - 3pm Weeks Room	26 Onkaparinga Support Group 1:00 - 3:00pm 20's to 50's social dinner 6:00pm	27	28
29 Shout Out Singing Group TBC Carer's Group 10 - 12noon Weeks Room	30 Living Well Seminar 11-12:30pm	31 Brushlines Art 10 - 12noon				

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APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Wordsflow Writers Group 11:00 - 12noon	2 Good Friday Public Holiday	3	4
5 Easter Monday Public Holiday	6 Mens Group 10 - 11am King Room	7 Brushlines Art 10 - 12noon	8 PSA&NT Conference	9 Western Support Group 10:00 - 12noon Whyalla Support Group 10:30 - 12:00pm	10	11
12	13	14	15	16	17	18
Photography 10:30 - 12noon Shout Out Singing Group - TBC DBS Group 10 - 12noon Port Pirie Support Group 11:00am	Taboo Session 1.30 - 3pm Brighton Support Group 1:30 - 3:30pm	Brushlines Art 10 - 12noon KI Support Group 10:00 - 11:30am	Regional Connect Group 11 - 12noon Nth Yorke (Moonta) Group 11am - 1:00pm 20's to 50's education 6:00pm	Nth East Support Group 2:00 - 3:30pm Tumby Bay Support Group 2:00 - 4:00pm		
19	20	21	22	23	24	25
Shout Out Singing Group TBC Brighton Carers Group 1:30 - 3:00pm	Parkinson's Plus Lunch Group 12 - 2pm The Goody Adelaide Hills Support Group 2:00 - 4:00pm	Brushlines Art 10 - 12noon	Women with Parkinson's 1:30pm - 3pm Weeks Room	Living Well Seminar 11 - 12:30pm King Room		ANZAC Day Public Holiday
26	27	28	29	30		
Shout Out Singing Group TBC Carer's Group 10 - 12noon Weeks Room		Brushlines Art 10 - 12noon		Onkaparinga Support Group 1:00 - 3:00pm		

 = School Holidays
 = Public Holidays (office closed)



MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 DBS Group 10 - 12noon The Goody Shout Out Singing Group TBC	5 Mens Group 10 - 11am King Room	6 Brushlines Art 10 - 12noon	7 Wordsflow Writers Group 11:00 - 12noon	8 Western Support Group 10:00 - 12noon	9	10
11 Photography 10:30 - 12noon Shout Out Singing Group TBC Port Pirie Support Group 11:00am	12 Living Well Seminar 11 - 12:30pm Brighton Support Group 1:30 - 3:30pm	13 Brushlines Art 10 - 12noon KI Support Group 10:00 - 11:30am	14 Regional Connect Group 11 - 12noon Zoom	15 Whyalla Support Group 10:30 - 12:00pm	16	17
18 Shout Out Singing Group TBC Brighton Carers Group 1:30 - 3:00pm	19 Parkinson's Plus Lunch Group 12 - 2pm The Goody Adelaide Hills Support Group 2:00 - 4:00pm	20 Brushlines Art 10 - 12noon	21 Nth Yorke (Moonta) Group 11am - 1:00pm	22 Nth East Support Group 2:00 - 3:30pm Tumby Bay Support Group 2:00 - 4:00pm	23	24
25 Shout Out Singing Group TBC Carer's Group 10 - 12noon Weeks Room	26	27 Brushlines Art 10 - 12noon	28 Women with Parkinson's 1:30pm - 3pm Weeks Room	29 Living Well Seminar 11 - 12:30pm Onkaparinga Support Group 1:00 - 3:00pm 20's to 50's social dinner 6:00pm	30	31

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JUNE 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Mens Group 10 - 11am King Room	2 Brushlines Art 10 - 12noon	3 Wordsflow Writers Group 11:00 - 12noon Living Well Seminar 11-12:30pm	4 Western Support Group 10:00 - 12noon	5	6
7 DBS Group 10 - 12noon The Goody Shout Out Singing Group TBC	8 Brighton Support Group 1:30 - 3:30pm	9 Brushlines Art 10 - 12noon KI Support Group 10:00 - 11:30am	10 Regional Connect Group 11 - 12noon Zoom	11 Whyalla Support Group 10:30 - 12:00pm	12	13
14 Queens Birthday Public Holiday	15 Parkinson's Plus Lunch Group 12 - 2pm The Goody Adelaide Hills Support Group 2:00 - 4:00pm	16 Brushlines Art 10 - 12noon	17 Nth Yorke (Moonta) Group 11am - 1:00pm 20's to 50's education 6:00pm	18 Nth East Support Group 2:00 - 3:30pm Tumby Bay Support Group 2:00 - 4:00pm	19	20
21 Photography 10:30 - 12noon Shout Out Singing Group TBC Brighton Carers Group 1:30 - 3:00pm Port Pirie Support Group 11:00am	22	23 Brushlines Art 10 - 12noon	24 Women with Parkinson's 1:30pm - 3pm Weeks Room	25 Onkaparinga Support Group 1:00 - 3:00pm	26	27
28 Shout Out Singing Group TBC Carer's Group 10 - 12noon Weeks Room	29 Living Well Seminar 11-12:30pm	30 Brushlines Art 10 - 12noon Taboo Session 1.30 - 3:00pm				

 = School Holidays
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JULY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Wordsflow Writers Group 11:00 - 12noon	2 Western Support Group 10:00 - 12noon	3	4
5 Shout Out Singing Group TBC DBS Group 10 - 12noon The Goody	6 Mens Group 10 - 11am King Room	7 Brushlines Art 10 - 12noon	8 Regional Connect Group 11 - 12noon Zoom	9 Whyalla Support Group 10:30 - 12:00pm	10	11
12 Photography 10:30 - 12noon Shout Out Singing Group TBC Port Pirie Support Group 11:00am	13 Brighton Support Group 1:30 - 3:30pm	14 Brushlines Art 10 - 12noon KI Support Group 10:00 - 11:30am	15 Nth Yorke (Moonta) Group 11am - 1:00pm	16 Nth East Support Group 2:00 - 3:30pm Tumby Bay Support Group 2:00 - 4:00pm	17	18
19 Shout Out Singing Group TBC Living Well Seminar 2:00 - 3:30pm Brighton Carers Group 1:30 - 3:00pm	20 Parkinson's Plus Lunch Group 12 - 2pm The Goody Adelaide Hills Support Group 2:00 - 4:00pm	21 Brushlines Art 10 - 12noon	22 Women with Parkinson's 1:30pm - 3pm Weeks Room	23	24	25
26 Shout Out Singing Group TBC Carer's Group 10 - 12noon Weeks Room	27	28 Brushlines Art 10 - 12noon	29	30 Onkaparinga Support Group 1:00 - 3:00pm 20's to 50's social dinner 6:00pm	31	



<div> <div></div> = School Holidays <div></div> = Public Holidays (office closed) </div> <div>AUGUST 2021</div>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 Shout Out Singing Group TBC DBS Group 10 - 12noon The Goody	3 Mens Group 10 - 11am King Room	4 Brushlines Art 10 - 12noon	5 Wordsflow Writers Group 11:00 - 12noon	6 Living Well Seminar 11 - 12:30pm Western Support Group 10:00 - 12noon	7	8
9 Photography 10:30 - 12noon Shout Out Singing Group - TBC Taboo Session 1.30 - 3:00pm Port Pirie Support Group 11:00am	10 Brighton Support Group 1:30 - 3:30pm	11 Brushlines Art 10 - 12noon KI Support Group 10:00 - 11:30am	12 Regional Connect Group 11 - 12noon Zoom	13 Whyalla Support Group 10:30 - 12:00pm	14	15
16 Shout Out Singing Group TBC Brighton Carers Group 1:30 - 3:00pm	17 Parkinson's Plus Lunch Group 12 - 2pm The Goody Adelaide Hills Support Group 2:00 - 4:00pm	18 Brushlines Art 10 - 12noon	19 Nth Yorke (Moonta) Group 11am - 1:00pm 20's to 50's education 6:00pm	20 Nth East Support Group 2:00 - 3:30pm Tumby Bay Support Group 2:00 - 4:00pm	21	22
23 NT visit	24 NT visit	25 NT visit	26 NT visit	27 NT visit	28 NT visit	29 NT visit
Shout Out Singing Group TBC		Brushlines Art 10 - 12noon	Women with Parkinson's 1:30pm - 3pm Weeks Room	Onkaparinga Support Group 1:00 - 3:00pm		
30 NT visit	31 NT visit					
Shout Out Singing Group TBC Carer's Group 10 - 12noon Weeks Room		Brushlines Art 10 - 12noon				

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SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 NT visit	2 NT visit	3 NT visit	4 NT visit	5 NT visit
			Wordsflow Writers Group 11:00 - 12noon	Western Support Group 10:00 - 12noon		
6 Shout Out Singing Group TBC DBS Group 10 - 12noon The Goody	7 Mens Group 10 - 11am King Room	8 Brushlines Art 10 - 12noon	9 Regional Connect Group 11 - 12noon Zoom	10 Whyalla Support Group 10:30 - 12:00pm	11	12
13 Photography 10:30 - 12noon Shout Out Singing Group TBC Port Pirie Support Group 11:00am	14 Brighton Support Group 1:30 - 3:30pm	15 Brushlines Art 10 - 12noon KI Support Group 10:00 - 11:30am	16 Nth Yorke (Moonta) Group 11am - 1:00pm	17 Nth East Support Group 2:00 - 3:30pm Tumby Bay Support Group 2:00 - 4:00pm	18	19
20 Shout Out Singing Group TBC Brighton Carers Group 1:30 - 3:00pm	21 Parkinson's Plus Lunch Group 12 - 2pm The Goody Adelaide Hills Support Group 2:00 - 4:00pm	22 Brushlines Art 10 - 12noon	23 Women with Parkinson's 1:30pm - 3pm Weeks Room	24 Living Well Seminar 11 - 12:30pm Onkaparinga Support Group 1:00 - 3:00pm 20's to 50's social dinner 6:00pm	25	26
27	28	29	30			
Shout Out Singing Group TBC Carer's Group 10 - 12noon Weeks Room	Taboo Session 1.30 - 3pm	Brushlines Art 10 - 12noon				

<div> <div></div> = School Holidays <div></div> = Public Holidays (office closed) </div> <h1>OCTOBER 2021</h1>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	Western Support Group 10:00 - 12noon	2	3
4 Labour Day Public Holiday	5 Mens Group 10 - 11am King Room	6 Brushlines Art 10 - 12noon	7 Wordsflow Writers Group 11:00 - 12noon Living Well Seminar 11 - 12:30pm	8 Whyalla Support Group 10:30 - 12:00pm	9	10
11 Photography 10:30 - 12noon DBS Group 10 - 12noon Shout Out Singing Group - TBC Port Pirie Support Group 11:00am	12 Brighton Support Group 1:30 - 3:30pm	13 Brushlines Art 10 - 12noon KI Support Group 10:00 - 11:30am	14 Regional Connect Group 11 - 12noon Zoom	15 Nth East Support Group 2:00 - 3:30pm Tumby Bay Support Group 2:00 - 4:00pm	16	17
18 Shout Out Singing Group TBC Brighton Carers Group 1:30 - 3:00pm	19 Parkinson's Plus Lunch Group 12 - 2pm The Goody Adelaide Hills Support Group 2:00 - 4:00pm	20 Brushlines Art 10 - 12noon	21 Nth Yorke (Moonta) Group 11am - 1:00pm 20's to 50's education 6:00pm	22	23	24
25 Shout Out Singing Group TBC Carer's Group 10 - 12noon Weeks Room	26 Taboo Session 1.30 - 3:00pm	27 Brushlines Art 10 - 12noon	28 Women with Parkinson's 1:30pm - 3pm Weeks Room	29 Onkaparinga Support Group 1:00 - 3:00pm	30	31

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NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Shout Out Singing Group TBC DBS Group 10 - 12noon The Goody	2 Mens Group 10 - 11am King Room	3 Brushlines Art 10 - 12noon	4 Wordsflow Writers Group 11:00 - 12noon Living Well Seminar 11 - 12:30pm	5 Western Support Group 10:00 - 12noon	6	7
8 Photography 10:30 - 12noon Shout Out Singing Group - TBC Port Pirie Support Group 11:00am	9 Brighton Support Group 1:30 - 3:30pm	10 Brushlines Art 10 - 12noon KI Support Group 10:00 - 11:30am	11 Regional Connect Group 11 - 12noon Zoom	12 Whyalla Support Group 10:30 - 12:00pm	13	14
15 Shout Out Singing Group TBC	16	17 Brushlines Art 10 - 12noon	18 Nth Yorke (Moonta) Group 11am - 1:00pm	19 Nth East Support Group 2:00 - 3:30pm Tumby Bay Support Group 2:00 - 4:00pm	20	21
22 Shout Out Singing Group TBC Brighton Carers Group 1:30 - 3:00pm	23 Parkinson's Plus Lunch Group 12 - 2pm The Goody Adelaide Hills Support Group 2:00 - 4:00pm	24 Brushlines Art 10 - 12noon	25 Women with Parkinson's 1:30pm - 3pm Weeks Room	26 Onkaparinga Support Group 1:00 - 3:00pm 20's to 50's social dinner 6:00pm	27	28
29 Shout Out Singing Group TBC Carer's Group 10 - 12noon Weeks Room	30 Bereavement Group 2:00 - 3:30pm Weeks Room					

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DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Brushlines Art 10 - 12noon	2 Wordsflow Writers Group 11:00 - 12noon	3 Western Support Group 10:00 - 12noon Group Facilitators 1 - 3:00pm Xmas Party 4 - 6:00pm	4	5
6 Shout Out Singing Group TBC DBS Group 10 - 12noon The Goody	7 Mens Group 10 - 11am King Room	8 Brushlines Art 10 - 12noon Taboo Session 1.30 - 3:00pm KI Support Group 10:00 - 11:30am	9 Regional Connect Group 11 - 12noon Zoom	10 Whyalla Support Group 10:30 - 12:00pm	11	12
13 Photography 10:30 - 12noon Shout Out Singing Group TBC Port Pirie Support Group 11:00am	14 Living Well Seminar 11 - 12:30pm Brighton Support Group 1:30 - 3:30pm	15 Brushlines Art 10 - 12noon	16 Nth Yorke (Moonta) Group 11am - 1:00pm	17 Nth East Support Group 2:00 - 3:30pm Tumby Bay Support Group 2:00 - 4:00pm	18	19
20 Brighton Carers Group 1:30 - 3:00pm	21 Parkinson's Plus Lunch Group 12 - 2pm The Goody Adelaide Hills Support Group 2:00 - 4:00pm	22	23	24	25 Christmas Day	26
27 Christmas Day Public Holiday	28 Proclamation Day Public Holiday	29	30	31		



CHRISTMAS IN THE CARPARK PARTY

Friday 3rd December
4:00 - 6:00pm

ALL WELCOME!