

PNN MEETING NOTES (4/8/25)

& APRIL NEWSLETTER

April 8th **meeting summary** from Jennifer Haskell:

*MEALS ON WHEELS served a great lunch for all attendees. Lisa Robitchek, Director of MOW, shared how to access this community service. The main goal is to keep people independent with dignity in their home.

Moomers on N Long Lake Rd is hosting a Meals on Wheels Sundae Bar on 4/27 - \$10 sundaes - all proceeds going to Meals on Wheels!

*Glen & Ellen shared their positive experience with the Catholic Human Services [Senior Companion Program](#). Contact Garret Banks, 231-929-7070

*Ann Parker led the group in a series of springtime “Qi gong” movements.

*Elizabeth Muoio, our March meeting speaker from Munson Healthcare, researched many of the [questions you had last month](#). Her responses are **included at the bottom of this newsletter**. Our thanks to Elizabeth for taking time to do this!

Special Note: Donna Earle Roy fell in March resulting in a hip replacement & other med issues. Donna misses everyone at PNN and would welcome hearing from you! Contact her at: dc123mi57@gmail.com

Next meeting is Tuesday, May 13, 1PM sharp! At TC Presbyterian Church.



Announcements -

*New **Ageless Grace** 8-week session begins April 14, 11AM, at TC Senior Center. PNN is paying the instructor for this class – it’s free for all attendees!

* **PNN Meeting Planning Team** will meet 4/14 at the TC Sr. Center at 10AM. Join us, if you have a meeting topic to share & want to be involved 😊

***Boxing for Parkinson’s** YMCA/MPF classes continue on Tuesdays, 3PM, Central YMCA (Civic Ctr)

NOTE:

The 2nd Tuesday is also the PNN Support Group Meeting. *To avoid a timing “crunch,” the PNN meeting speaker will begin promptly at 1PM on our meeting days. Our meeting will be done at 2:45, to allow plenty of time to make it to the boxing class.

* **The 39th Annual Parkinson's Summer Forum** is May 22 at the Hagerty Center. Go to pnntc.org to register – always a fun event! Scholarships are available – plan ahead & register early!

* Want to **volunteer** to help for a short time at the Forum? Contact: Torrey Davenport, MPF, tdavenport@parkinsonsmi.org

***MPF Heroes Walk**, 8/23/25, at the TC Civic Center- Want to head up a team? Contact PNN at pnntcmi@gmail.com to volunteer to be a leader!

Go to the website.... pnntc.orgfor many additional events and useful daily articles and general information!!! Check it out!!!
