

DAY / TIME	PERSON WITH PARKINSON	ACTIVITY ALL ATTENDEES	RETREAT PARTNERS	LOCATION
<b>SUNDAY-5/28/17</b>				
1:00-4:30PM		Registration		Apache III & IV
5:30-7:30PM		Welcome Reception Keynote Speaker / Frank Church, PhD		Apache Ballroom
<b>DAY / TIME PERSON WITH PARKINSON ACTIVITY ALL ATTENDEES RETREAT PARTNERS LOCATION</b>				
<b>MONDAY-5/29/17</b>				
6:30-7:30AM		PWR! Pole Walking PWP & Partners		Sunset Plaza
7:30-9:00AM		Breakfast		Verde Vista
9:00-10:15AM		Lecture / Part 1 Dr. Becky Farley- Exercise		Apache Ballroom
10:15-10:30AM		BREAK		
10:30-12:30PM		(2) 50 min. PWR! Class Introduction		Maricopa & Papago Rooms
12:30-2:00PM		Lunch		Verde Vista
2:00-3:15PM		Lecture / Part 2 Dr. Becky Farley- Overview & Optimizing Meds		Maricopa & Papago Rooms
3:15-3:30PM		BREAK		
3:30-5:30PM		(2) 50 min. PWR! Class Introduction		Maricopa & Papago Rooms
		<b>Evening on Own</b> Social Zone/Game Room Open 5:30-9:00PM		Council Room
<b>DAY / TIME PERSON WITH PARKINSON ACTIVITY ALL ATTENDEES RETREAT PARTNERS LOCATION</b>				
<b>TUESDAY-5/30/17</b>				
6:30-7:30AM		PWR! Pole Walking PWP & Partners		Sunset Plaza
7:30-9:00AM		Breakfast		Verde Vista
9:00-10:00AM	PWR! Class Rotation			Maricopa & Papago
9:00-10:00AM			Partners Meeting	Yuma
10:00-10:30AM		BREAK		
10:30-11:30AM	PWR! Class Rotation			Maricopa & Papago
10:30-12:00PM			Partners Meeting	Yuma



PWR! Retreat 2017  
**SCHEDULE AT A GLANCE**  
 (Individual with Parkinson & Partner)

11:30-12:00PM	Boost Class			Maricopa & Papago
12:00-1:30PM		Lunch		Verde Vista
1:30-3:30PM		Lecture Dr. Saulena Shafer (Q & A Session)		Apache Ballroom
3:30-4:30PM		Free Time		
4:30-5:30PM		Tai Chi – Super Nancy		Papago
		<b>Evening on Own</b> Social Zone/Game Room Open 5:30-8:30PM		Council Room
<b>DAY / TIME</b>	<b>PERSON WITH PARKINSON</b>	<b>ACTIVITY ALL ATTENDEES</b>	<b>RETREAT PARTNERS</b>	<b>LOCATION</b>
<b>WEDNESDAY-5/31/17</b>				
6:30-7:30AM		PWR! Pole Walking PWP & Partners		Sunset Plaza
7:30-9:00AM		Breakfast		Verde Vista
9:00-10:00AM	PWR! Class Rotation			Maricopa & Papago
9:00-10:00AM			Partners Meeting Dr. Kluger	Yuma
10:00-10:30AM		BREAK		
10:30-11:30AM	PWR! Class Rotation			Maricopa & Papago
10:30-12:00PM			Partners Meeting	Yuma
11:30-12:00PM	Boost Class			Maricopa & Papago
12:00-1:30PM		Lunch		Verde Vista
1:30-2:30PM		Lecture – Sleep/Non-motor Dr. Benzi Kluger		Apache Ballroom
2:30-2:45PM		BREAK		
2:45-3:45PM		Lecture – Cannabis Dr. Benzi Kluger		Apache Ballroom
3:45-4:00PM		BREAK		
4:00-4:45PM		Lecture – Meditation for Non-Motor Symptoms Claire McLean		Apache Ballroom
		<b>Evening on Own</b> Social Zone/Game Room Open 5:30-8:30PM		Council Room

DAY / TIME	PERSON WITH PARKINSON	ACTIVITY ALL ATTENDEES	RETREAT PARTNERS	LOCATION
<b>THURSDAY-6/1/17</b>				
6:30-7:30AM		PWR! Pole Walking PWP & Partners		Sunset Plaza
7:30-9:00AM		Breakfast		Verde Vista
9:00-10:00AM	PWR! Class Rotation			Maricopa & Papago
9:00-10:00AM			Partners Meeting	Yuma
10:00-10:30AM		BREAK		
10:30-11:30AM	PWR! Class Rotation			Maricopa & Papago
10:30-12:00PM			Partners Meeting	Yuma
11:30-12:00PM	Boost Class			Maricopa & Papago
12:00-1:30PM		Lunch		Verde Vista
1:30-2:45PM		Lecture – Nutrition (Claire/Vanessa)		Apache Ballroom
2:45-3:00PM		BREAK		
3:00-4:15PM		DBS Discussion – Dr. Becky Farley/Dr. Ponce Panel Q&A		Apache Ballroom
6:00-8:30PM		<b>Dance Night + Apps</b>		Bennie's Courtyard
DAY / TIME	PERSON WITH PARKINSON	ACTIVITY ALL ATTENDEES	RETREAT PARTNERS	LOCATION
<b>FRIDAY-6/2/17</b>				
6:30-7:30AM		PWR! Pole Walking PWP & Partners		Sunset Plaza
7:30-9:00AM		Breakfast		Verde Vista
9:00-10:00AM	PWR! Class Rotation			Maricopa & Papago
9:00-10:00AM			Partners Meeting	Yuma
10:00-10:30AM		BREAK		
10:30-11:30AM	PWR! Class Rotation			Maricopa & Papago
10:30-12:00PM			Partners Meeting	Yuma
11:30-12:00PM	Boost Class			Maricopa & Papago
12:00-1:30PM		Lunch		Verde Vista
1:30-2:45PM		Lecture – Occupational Therapy/Executive Function Christy Tolman / Valerie Carter		Apache Ballroom
2:45-3:00PM		BREAK		
3:00-3:45PM		Tech Updates		Apache Ballroom

3:45-4:15PM			Partners Circuit (Optional)	Maricopa
4:30-5:30PM		Yoga – Chelsea Duncan		Papago
		<b>Evening on Own</b> Social Zone/Game Room Open 5:30-8:30PM		Council Room
<b>DAY / TIME</b>	<b>PERSON WITH PARKINSON</b>	<b>ACTIVITY ALL ATTENDEES</b>	<b>RETREAT PARTNERS</b>	<b>LOCATION</b>
<b>SATURDAY-6/3/17</b>				
6:30-8:00AM		PWR! Pole Walking PWP & Partners Graduation Celebration		Sunset Plaza & Paradise Park Lawn
8:00-9:30AM		Breakfast		Verde Vista
9:30-10:00AM		PWR! Closing Remarks / Video		Apache Ballroom
10:00-12:00PM		PWR! Graduation / Closing Session		Apache Ballroom
12:00-1:00PM		Lunch (Optional)		Verde Vista
		<b>Travel Safe and PWR! Up</b>		