



Support Group Listing by County in Alpha Order (updated January 2019)

Alpena County

3rd Monday 1:00 pm
Judy Poli (989) 370-6854
1st United Methodist Church
167 S. Ripley Blvd
Alpena MI 49707

Antrim County - Bellaire

3rd Wednesday, 2:00-4:00 pm
Linda Cran (231) 633-1237
Bellaire Family Health Center
4955 M-88 Hwy, Bellaire MI 49615

Barry County - Hastings

2nd Wednesday, 5:00-6:30 pm
Tammy Pennington (269) 948-4856
Barry County Commission on Aging
320 W. Woodlawn
Hastings MI 49058

Bay County - Bay City

3rd Monday, 4:30 pm
Megan Monroe, OTRL
mmonroe@prsmichigan.com
Bob Richard, PhD (989) 391-9892
rrichard@oldtymeradio.net
Paramount Rehab Center
2535 22nd St Bay City, MI 48708

Bay County - Mid Michigan

3rd Tuesday, 2:00 pm
Joani Szczepanski (989) 893-1503
Area Agency on Aging Region 7
1615 S. Euclid, Bay City, MI 48706
No Meetings June, July & August

Benzie County - Frankfort

3rd Thursday, 2:00 pm
Maxine Meach (231) 947-1946
Fred Hough (231) 882-4865
Trinity Lutheran Church
955 James Street
Frankfort MI 49635
No meetings Jan – April

Benzie County – Bravery Brigade

2nd Thursdays, 9:30 am
Linda Gottschalk (919) 360-1593
Deb Cennane (231) 622-5140
Benzie.parkinsons@gmail.com
Betsie Hosick Health & Fitness
102 Airport Road
Frankfort, MI 49635

Berrien County - St. Joseph

2nd Thursday, 3:00 pm
Barbara Ford (269) 429-3675
CARING CIRCLE
4025 Health Park Lane
St. Joseph MI 49085
(Corner of Hollywood and Glenlord)

Calhoun County - Battle Creek

Young Onset: 1st Thursday, 4:30 pm
Caregivers: 2nd Tuesday, 10:00 am
PD Support: 3rd Tuesday, 10:00 am
Anne Clark (269) 441-0920
All meet at Battle Creek Family YMCA
182 Capital Ave NE
Battle Creek MI 49017

Cass County - Cassopolis

2nd Tuesday, 1:00 pm
Asali Kelly (269) 445-8110 x 248
Cass County Council on Aging
60525 Decatur Rd
Cassopolis MI 49031

Cheboygan County

3rd Tuesday, 1:00 pm
Chelsea LaLonde (231) 627-7118x2164
McLaren Northern Michigan 3rd Floor
740 S. Main Street
Cheboygan MI 49721
(No meeting in June)

Chippewa County-Sault Ste. Marie

3rd Wednesday, 1:00 pm
Rene Shimmon (313) 357-3407
Bayliss Library
541 Library Dr.
Sault Sainte Marie, MI 49783
(No meeting in November)

Dickinson County - Kingsford

Parkinson's Society
3rd Thursday, 10:00 am
Pauline Hill (906) 774-0332
First Presbyterian Church
395 Hamilton Ave.
Kingsford MI 49802

Emmet County - Petoskey

4th Wednesday 2:00 pm
Suzanne Holguin, RN (231) 347-3211
Friendship Center
1322 Anderson, Petoskey MI 49770

Genesee County - Flint

2nd Thursday, 2:00 pm
David Mack (810) 610-5055
Genesys Home Health
5445 Ali Drive, Grand Blanc MI 48439
(December meeting only: 1:00 pm)

Genesee County - Flint Evening

2nd Thursday, 6:00 pm
Kristin Daniels (810) 342-5352
McLaren Neurologic Rehab Institute
G-3239 Beecher Rd.
Flint, MI 48532

Gladwin County

1st Wed., 5:00 pm
Julie Wright, RN (989) 246-6291
Mid-Michigan Health-Gladwin
Medical Office Building
609 Quarter Street
Gladwin MI 48624

Gogebic County - Ironwood

2nd Wednesday, 10 am
Alicia Cook (906) 932-7627
Danielle Grayson (906) 932-6204
Aspirus Grand View Hospital
N10561 Grand View Lane, Conference
Room B
Ironwood MI 49938

Grand Traverse County - Evening

1st Tuesday, 6:00 pm
Contact MPF Office (248) 433-1011
Munson Community Hlth Ctr, Rm G
550 Munson
Traverse City, MI 49686

Grand Traverse County - Parkinson Network North

4th Wednesday, 10:00 am
Hettie Molvang (231) 947-7389
Maxine Meach (231) 947-1946
Traverse City Senior Center
801 E. Front Street
Traverse City, MI 49686

Grand Traverse County - Tai Chi for People with PD and their care partners

2nd & 3rd Wednesday, 3:15-4:00 pm
Hettie Molvang (231) 947-7389
Traverse City Senior Center
801 E. Front St
Traverse City, MI 49686

Michigan Parkinson Foundation - 30400 Telegraph Road - Suite #150 - Bingham Farms MI 48025

Phone: (248) 433-1011 or (800) 852-9781 - Fax: (248) 433-1150 www.parkinsonsmi.org



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Gratiot County

4th Wednesday, 2:00 pm
Scott Hicks, LPN (989) 875-5269
Masonic Pathways
1200 Wright Avenue, Alma MI 48801
Nov & Dec Meetings are 3rd Weds

Hillsdale County

2nd Thursday at 3:00 pm
Maggi Monroe, RN
(517) 437-2422
Hillsdale County Senior Center
Lower Level
320 W. Bacon, Hillsdale, MI 49242

Huron County - Thumb Area (Bad Axe)

3rd Tuesday, 12:30 pm
Annette Johnson (989) 864-3779
Susan Arthur (800) 843-6394 x 1765
Human Development Commission
Holiday Inn Express
55 Rapson Lane W
Bad Axe, MI 48413

Ingham County - Lansing/East Lansing

3rd Tuesday, 6:00 pm
(2nd Tuesday in Dec)
Bill Fullmer (517) 230-2629
Valley Court Park Community Center
201 Hillside Court
E. Lansing MI 48823

Ingham County - Lansing Caregivers' / Dialog Groups

1st Tuesday, 1:00 pm
Karen Petersmark (517) 449-1722
Ray Buch (517) 336-4121 (Dialog)
Congregation Shaarey Zedek,
1924 Coolidge Rd.
E. Lansing MI 48823

Ionia County

3rd Thursday, 1:30 pm
Retta McCaul (231) 349-2608
Ionia Comm. on Aging, 115 Hudson,
Ionia MI 48846

Iosco County - East Tawas

3rd Thursday, 10:00 am
Rachel Haviland (989) 984-5292
Tawas Area Presbyterian Church,
2095 US-23, East Tawas, MI 48730
(Meets April thru October)

Jackson County

2nd Tuesday, 6:15 pm
Carole Briggs, RN (517) 783-6527
disAbility Connection
409 Linden Ave, Jackson MI 49203
(between Prospect and 4th Street)
No meetings July, Aug., Dec

Kalamazoo County

2nd Tuesday, 4:00 pm
Karen Freshwater, PA or
Jennifer Holleman (269) 341-8142
Friendship Village of Kalamazoo
1400 Drake Rd.
Kalamazoo, MI 49009

Kalamazoo County - Care Partners

1st Friday after 2nd Tues, 1:30 pm
Norma Betten
(ronorma1301@gmail.com)
Nancy Schullery
(nmsch1020@gmail.com)
Centre Meadows Apartments
1503 E Centre Ave, Portage, MI 49002

Kent County - Grand Rapids

3rd Tuesday 6:30 pm
Jody Van Halsema, RN, BSN
(616) 447-3471
Spectrum Health Integrated Care
Campus
2750 E Beltline Ave NE
Lower Level Conference Room
Grand Rapids, MI 49525

Kent County - Grand Rapids

Hauenstein DBS
2nd Tuesday, 6:00 pm
Susan Woolner, CPXP (616) 685-4444
Hauenstein Neurosciences
220 Cherry St. SE
H1 Community Room
Grand Rapids, MI 49503

Kent County - Grand Rapids

Hauenstein Dementia Caregivers
4th Tuesday, 10:30 am
Karen Bugg-Foley, RN, MSW
(616) 685-4444
Hauenstein Neurosciences
245 Cherry St. 1st Floor Cherry
Conference Room
Grand Rapids, MI 49503

Kent County - Grand Rapids

Hauenstein
3rd Thursday, 6:00 pm
Margaret Szarowicz LMSW (616) 685-4444
Wege Center for Health & Learning
Lower Level, Rooms 7 & 9
300 Lafayette St SE
Grand Rapids, MI 49503

Keweenaw County - Calumet

2nd Monday, 1:00 pm
Sarah Baratono, SW (906) 337-5700
Aspirus-Keweenaw Home Nursing
311 Sixth Street, Calumet MI 49913

Leelanau County

3rd Thursday, 2:00 pm
Margaret Mehney (231) 386-7142
Leelanau Government Center
8527 E. Gov't Center
Suttons Bay MI 49682

Lenawee County - Adrian

1st Thursday, 1:30 pm
Dianna Oates (517) 673-3868
Carter Rehabilitation Center, Suite 3
1525 W. Maumee, Adrian MI 49221
No meetings July-August

Livingston County - Brighton

Adaptive Exercise
Every Thursday, 4:00-5:00 pm
Stuart Blatt, PT, PhD (810) 923-8970
242 Church – Kids Community Room
7526 Grand River Rd
Brighton, MI 48114-9338

Livingston County - Brighton

CarePartners
3rd Wednesday, 5:00-7:00 pm
Stuart Blatt, PT, PhD (810) 923-8970
242 Church
7526 Grand River Rd - Rm 4
Brighton, MI 48114-9338

Livingston County - Howell

Last Tuesday at 4:00 pm
Stuart Blatt, PT, PhD (810) 923-8970
St. Joseph Mercy – Livingston
Meeting Room #1, 620 Byron Road
(Blue canopy door entrance)
Howell, MI 48843
No meetings June & July 2018)

Michigan Parkinson Foundation - 30400 Telegraph Road - Suite #150 - Bingham Farms MI 48025

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Luce County - Newberry

Last Monday of month, 1:00 pm
Pat Norman (906) 291-5021
Helen Newberry Joy Hospital
502 W. Harrie St - Huron Room
Newberry, MI 49868

Macomb County

2nd Friday, 5:00 pm
Donna Zimny, RN (248) 964-8786
Beaumont Macomb Center
15979 Hall Rd.
Macomb, MI 48044

Macomb County - Warren

1st Thursday, 2:30 – 4:00 pm
Exercise Classes: - Thurs 4:00 pm
Mrin Dear, OTR (586) 573-5123
(Stacey Turner, RPT)
St. John Macomb Hospital
Medical Education Center
11800 E. 12 Mile Rd
Warren MI 48093
No meetings Jan or July

Macomb County - Young Onset of Southeast Michigan

2nd Monday, 6:30 pm
Angela Ferrera (586) 696-8663
South Lake Schools Admin. Building
23101 Stadium
St. Clair Shores, MI 48080

Manistee County

3rd Thursday, 11:00 am
Jeannie Lewis (231) 510-4986
West Shore Hospital
Education Center, Room 1,
1465 E. Parkdale, Manistee MI 49660

Marquette County - Negaunee

4th Monday, 1:00 pm
Kristy Malmsten (906) 475-6266
Tanya Johnson (906) 475-6266
Negaunee Senior Center
410 Jackson Street
Negaunee MI 49866

Mason County - Scottville

3rd Wednesday, 1:00 pm
Jerry Chancellor (231) 462-3533
Scottville Senior Center
140 S. Main, Scottville MI 49454
No meetings Jan. - Feb.

Midland County

2nd Monday, 3:00 pm
Kari Herman, BSN, RN-BC
(989) 633-3767
Midland County Senior Services
Senior Services Main Building
4700 Dublin Ave.
Midland MI 48642

Monroe County

3rd Wednesday, 6:30 pm
Jennifer Traver (734) 497-5683
Monroe Charter Twp. Bldg. Nature Ctr
4925 E. Dunbar Rd.
Monroe, MI 48161

Muskegon County - Caregivers

2nd Tuesday, 12:00 Noon
Pat Green (231) 780-3665
Eileen O'Brien (231) 955-0198
Senior Resources of West Michigan
Tanglewood Park
560 Seminole Rd.
Muskegon, MI 49444

Muskegon County - Parkinson's Power

1st Wednesday, 10:30 am –
Holly Lookabaugh Deur, PhD, PT
(231) 737-4374
Norton Shores Public Library
Community Room
705 Seminole
Norton Shores, MI 49441

Newaygo County - Fremont

3rd Thursday, 3:30 pm
Shelly Klochack, RN (231)924-3073
Tamarac Center For Well Being
1401 W. Main St.
Fremont, MI 49412

Oakland County - Farmington Hills **MovingUPTogether: MPF**

Community for 50 and under
3rd Wednesday, 7:00 pm
Movinguptogether@gmail.com;
Tim Andersson (248) 962-3783
Salem United Church of Christ
33424 Oakland, Farmington MI 48335

Oakland County - Novi/Fox Run

1st Tuesday, 3:00 pm
Rhonda Kotzen, MSPT (248) 668-8655
Ruth Ann Lapham (248) 863-3286
Fox Run - Belmont Club House
41100 W. 13 Mile Road, Novi MI 48377

Oakland County - Rochester

1st Wednesday, 6:00 pm
Nancy Knitter: (248) 659-8003
Carol Schram (586)453-2162
OPC (Old Person Commission)
650 Letica, Rochester, MI 48307

Oakland County - Rochester Care Partner

Meets last Wednesday 1:00 pm.
Kathy Walton: (248) 969-1133
Crittenton Hospital, Conf. Room 2E
1101 W. University
Rochester Hills MI 48307
No meetings July, Dec.

Oakland County - Rochester Adaptive Exercise Class

Thursdays, 9:00 am
Carol Schram (586)453-2162
St. Irenaeus Hall, 771 Old Perch Road
Rochester Hills, Michigan 48309
(Must call to confirm class has not been cancelled due to church event)

Oakland County - Royal Oak

2nd Monday, 6:30 pm
Steve McMahon (248) 971-5811
Dennis Cavanaugh (248) 683-1153
Wm Beaumont Hospital Adm. Building
Classroom 3 – lower level
3711 W. 13 Mile, Royal Oak MI 48073
(No meetings July, Aug)



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Oakland County - West Bloomfield

1st Wednesday, 7:00 pm
Linda Klein (248) 592-2328
Elliott Grodsky (248) 859-5143
Jewish Family Service
6555 W. Maple
West Bloomfield MI 48322

Ogemaw County - West Branch

2nd Thursday, 12:30 pm
Carol Gillman, Director (989) 345-3010
Ogemaw Commission on Aging Sr.
Center, 1528 S. M-33
West Branch MI 48661

Otsego County - Gaylord (OCCOA)

4th Thursday, 2:00 pm
John Panci, Pam Carlson, RN,
Dona Wishart (989) 732-1122
University Center at Gaylord,
80 Livingston Blvd, Gaylord MI 49735

Saginaw County - Frankenmuth

3rd Wednesday, 1:00 pm
Marilyn Bernthal (989) 652-2515
Independence Village Harmony Hall
255 Mayer Road
Frankenmuth MI 48734

Saginaw County - Saginaw

2nd Thursday, 2:00 pm
Virginia Buggia (989) 793-7319
Wescourt Retirement Residence
4141 McCarty Road
Saginaw MI 48603

Shiawassee County - Owosso

2nd Wednesday, 7:00 pm
Karen Prussner, RN (989) 723-6901
Memorial Healthcare
(2nd Floor – use **B** Elevator)
826 W. King St.
Owosso MI 48867

St. Clair County - Port Huron

1st Wednesday, 2:00 pm
Kelly DiNardo, RN (810) 989-3121 x 2
McLaren Port Huron Hospital
Jefferson Bldg
1320 Washington
Port Huron, MI 48060

Washtenaw County - Ann Arbor

2nd Sunday, 1:30 pm
Bruce Amrine (734) 668-0427
Diana Tohill-Johnson RN
diana45@comcast.net
St. Joseph Hospital, Ellen Thompson
Women's Health Center
Classroom 1, 2nd Floor
5320 Elliott Drive, Ypsilanti MI 48197
No meetings in July-August

Washtenaw County - Ann Arbor Adaptive Exercise Class

Mondays, 3:00 pm
Denise or Bob Leffler (734) 276-9988
lefflerdd@gmail.com
Westminster Presbyterian Church
1500 Scio Church Rd. (West Entrance)
Ann Arbor, MI 48103

Washtenaw County - Ann Arbor Music Therapy Sessions

Tuesdays, 2:00 pm
Diane Woods (734) 646-9420
woodsdiene49@gmail.com
Cyndi Benkelman (734) 905-7475
Benkel2000@msn.com
Interfaith Center for Spiritual Growth
704 Airport Blvd. Ste 1 AA
Ann Arbor, MI 48108

Wayne County - Detroit

3rd Tuesday, 1:00 pm
Gwen Willis (248) 722-4085
Janet Whitaker (313) 633-1212
Maria Dickerson (313) 635-2878
Hannan House
4750 Woodward, Detroit MI 48201
No meetings in July-August

Wayne County – NEW! Parkinson's Action Group

2nd Thursday, 2:30 pm
Deb Miller (313) 882-9600
The Helm at The Boll Life Center
(Formerly Services for Older Citizens)
158 Ridge Rd
Grosse Pointe Farms, MI 48236

Wayne County - Livonia

2nd Thursday, 7:00 pm
Julia Wall
Contact MPF (248) 433-1011
Livonia Senior Citizen Center
15218 Farmington Road
Livonia MI 48154
(No meetings in Jan, July, August)

Wexford County - Cadillac

4th Tuesday, 1:00pm
Diane Patterson (231) 779-9420
Senior Citizens Center
601 Chestnut St.
Cadillac, MI 49601