



## Support Group Listing by County in Alpha Order (updated November 2018)

### **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 –NEW LOCATION!**

3rd Monday, 4:30 pm  
Megan Monroe, OTRL  
[mmonroe@prsmichigan.com](mailto:mmonroe@prsmichigan.com)  
Bob Richard, PhD (989) 391-9892  
[rrichard@oldtymeradio.net](mailto: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](mailto:Benzie.parkinsons@gmail.com)  
Betsie Hosick Health & Fitness  
102 Airport Road  
Frankfort, MI 49635

### **Berrien County - St. Joseph (NEW LOCATION!)**

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**

3rd Tuesday, 10:00 am  
Young Onset: 1st Thursday, 4:30 pm  
Caregivers: 2nd 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 (369) 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

### **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  
Mary Griffore, RN (989) 233-4168  
Mid-Michigan Gladwin Hospital  
Pro Building Comm Ed Conf. Room  
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](http://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)  
Jim Galloway (517) 930-4287  
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) 337-2084  
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) 545-6049  
Tawas Area Presbyterian Church,  
2095 US-23, East Tawas, MI 48730

### **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](mailto:ronorma1301@gmail.com))  
Nancy Schullery  
([nmsch1020@gmail.com](mailto: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

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



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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, 11:00 am  
Pat Green (231) 780-3665  
Senior Resources of West Michigan  
Tanglewood Cafe  
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](mailto: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  
Katrina DiMango (co-Facilitator)  
Fox Run - Belmont Club House  
41100 W. 13 Mile Road, Novi MI 48377

### **Oakland County - Rochester**

1st Wednesday, 6:00 pm  
Pat Yarnold (248) 608-4485  
Nancy Knitter: (248) 659-8003  
OPC (Old Person Commission)  
650 Letica, Rochester, MI 48307

### **Oakland County - Rochester Care Partner**

Meets last Wednesday 1:00 pm.  
Contact Nancy Knitter: (248) 659-8003  
Crittenton Hospital, Conf. Room 2E  
1101 W. University  
Rochester Hills MI 48307  
No meetings July, Dec.

### **Oakland County - Rochester Adaptive Exercise Class**

Thursdays, 9:30 am  
Nancy Knitter: (248) 659-8003  
St. Irenaeus Hall, 771 Old Perch Road  
Rochester Hills, Michigan 48309

### **Oakland County - Royal Oak**

2nd Monday, 6:30 pm  
David Bartczak (248) 755-8034  
Dennis Cavanaugh (248) 683-1153  
Wm Beaumont Hospital Adm. Building  
Classroom 2 – 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 Auditorium  
826 W. King St. (Lower Level)  
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](mailto: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

### **NEW! Washtenaw County - Ann Arbor CarePartners Split Group**

4th Thursday, 1:30 pm  
Facilitator contact info TBD  
St. Joseph Hospital, Ellen Thompson  
Women's Health Center  
Classroom 1, 2nd Floor  
5320 Elliott Drive, Ypsilanti MI 48197  
Sept through June

### **Washtenaw County - Ann Arbor Adaptive Exercise Class**

Mondays, 3:00 pm  
Denise or Bob Leffler (734) 276-9988  
[lefflerdd@gmail.com](mailto: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  
[woodsdiiane49@gmail.com](mailto:woodsdiiane49@gmail.com)  
Cyndi Benkelman (734) 905-7475  
[Benkel2000@msn.com](mailto: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