



Support Group Listing by County in Alpha Order (updated November 2020)

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 (Disbanded)

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 – Area of Bay County

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

Bay County - Bay City

3rd Friday, 12:00 pm
Jennifer Valley (989) 891-9800
jvalley@prsmichigan.com
Bob Richard
Paramount Rehab Center
2535 22nd St Bay City, MI 48708

Benzie County – Bravery Brigade

2nd Thursdays, 9:30 am
Linda Gottschalk (919)360-1593
Deb Cennname (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

Charlevoix County - Charlevoix

3rd Tuesday, 4:00 pm
Becky Goral, PTA (231) 582-6365
Kristen Campbell, OT (231) 582-6365
Boyne City Hall
319 N. Lake St.
Boyne City MI 49712

Cheboygan County

3rd Tuesday, 1:00 pm
Susie (231) 625- 8368
Martha (231) 818-1900
Cheboygan Public Library
100 S Bailey St
Cheboygan, MI 49721
(Virtual Meetings – Call for Info)

Chippewa County-Whole Lotta Shakin Goin On-Sault Ste Marie

3rd Wednesday, 1:00 pm
Rene Shimmon (313)357-3407
Alberta House
217 Ferris
Sault St. Marie, MI 49783
(No meeting in November)

Dickinson County - Kingsford Parkinson's Society

2nd Thursday, 2:00 pm
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 x 34
Friendship Center
1322 Anderson, Petoskey MI 49770
(Virtual Meetings – Call for Info)

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
Kellie Froelicher RN, (989) 898-8239
Mary Griffore (989) 246-6388
Mid-Michigan Health-Gladwin
Medical Office Building
609 Quarter Street
Gladwin MI 48624
(Virtual Meetings – Call for Info)

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
Traverse City Senior Center
801 E. Front Street
Traverse City, MI 49686
(Virtual Meetings – Call for Info)

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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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

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
(Virtual Meetings – Call for Info)

Houghton County - Hancock

2nd Monday, 1:00 pm
Sarah Baratono, SW (906) 337-5700
Aspirus At Home
1101 Elevation St, Hancock MI 49930

Huron County-Thumb Area (Bad Axe)

3rd Tuesday, 12:30 pm
Annette Johnson (989) 864-3779 Susan
Arthur (800) 843-6394 x 1765
Evangel Life Assembly Of God Church
1365 S Van Dyke Rd
Bad Axe, MI 48413

Ingham County - Lansing/East Lansing

3rd Tuesday, 6:00 pm
Mark Talbot (517)525-1707
Burcham Hills Ada Whitehouse Room
2700 Burcham Dr.
E. Lansing, MI 48823
(Virtual Meetings – Call for Info)

Ingham County - Lansing Caregivers' / Dialog Groups

1st Tuesday, 1:00 pm
Bill Fullmer (517)230-2629
Congregation Shaarey Zedek,
1924 Coolidge Rd.
E. Lansing MI 48823
(Caregivers and PwP meet separately.)

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)

Isabella County - Mt. Pleasant

3rd Tuesday, 4:00 pm
Dr. Jamie Haines, PT (989) 779-5604
McLaren Central Michigan
Rehabilitation Services
2600 Three Leaves Dr.
Mt. Pleasant, MI 48858

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
Libby Austin (269) 341-8142
Friendship Village of Kalamazoo
1400 Drake Rd.
Kalamazoo, MI 49009
(Virtual Meetings – Call for Info)

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
(Virtual Meetings – Email for Info)

Kent County - Grand Rapids

3rd Tuesday 6:30 pm
Kelly McWilliams 616-447-1393
Spectrum Health Integrated Care
2750 E Beltline Ave NE
Lower Level Conference Room
Grand Rapids, MI 49525
(Virtual Meetings – Call for Info)

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

Kent County - Grand Rapids Provision

3rd Thursday, 1:00 pm
Erin Wallace (616) 307-0534
Provision Living
820 Forest Hill Ave SE Ste A
Grand Rapids, MI 49546

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
(Virtual Meetings – Call for Info)



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Livingston County - Brighton

CarePartners

4th Wednesday, 4:00-6:00 pm
Stuart Blatt, PT, PhD (810) 923-8970
242 Church
7526 Grand River Rd - Rm 4
Brighton, MI 48114-9338
(Virtual Meetings – Call for Info)

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
Howell, MI 48843
(Virtual Meetings – Email for Info)
sblatt63@gmail.com

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
Lynn Jourdan
South Lake Schools Admin. Building
23101 Stadium
St. Clair Shores, MI 48080

Manistee County - Group on Hold

3rd Thursday, 11:00 am
Sean Knudsen (517) 634-6928
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
Taylor McMorrow (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
Kellie Froelicher
Mary Griffore (989) 246-6388
Midland County Senior Services
Senior Services Main Building
4700 Dublin Ave. Midland, MI 48642
(Virtual Meetings – Call for Info)

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) 740-1967
Beth Donovan (231) 744-4730
Senior Resources of West Michigan
Tanglewood Park
560 Seminole Rd.
Norton Shores, MI 49444

Muskegon County - Parkinson's Power

1st Wednesday, 10:30 am –
Brian Keenoy, PT, DPT (231) 737-4374
keenoyb@generationcare.org
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
(Virtual Meetings – Call for Info)

Oakland County – Bingham Farms Virtual Meetings Only!

Meets 2nd Tuesday 7:00 pm.
Mary Sue Lanigan (248)433-1011
Michigan Parkinson Foundation
30400 Telegraph Rd Ste 150
Bingham Farms, MI 48025
(Virtual Meetings – Call for Info)

Oakland County - Birmingham

NEW LOCATION!

2nd Monday, 6:30 pm
Steve McMahon, (248) 971-5811
First Presbyterian Church Birmingham
Calvin Room
1669 W Maple Rd
Birmingham, MI 48009
(No meetings July, Aug)

Oakland County - Farmington Hills

MovingUPTogether: MPF Community for 50 and under

3rd Wednesday, 7:30 pm
Movinguptogether@gmail.com;
Tim Andersson (248) 962-3783
Salem United Church of Christ
33424 Oakland, Farmington MI 48335
(Virtual Meetings – Email for Info)

Oakland County - Novi/Fox Run

4th 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
Brad & Linda Potter 586-612-2744
Carol Schram 586-453-2162
OPC (Old Person Commission)
650 Letica, Rochester, MI 48307



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Oakland County - Rochester Care Partner

Meets last Wednesday 1:00 pm.
Kathy Walton (248) 969-1133
Ascension Providence Rochester 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 - West Bloomfield

1st Wednesday, 7:00 pm
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, 5:00 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
April Gould
agould@thecouncilonaging.org
St. Clair Council on Aging
600 Grand River Ave.
Port Huron, MI 48060

Washtenaw County - Ann Arbor

2nd Sunday, 1:30 pm
Diana Tothill-Johnson (734) 484-3585
Bruce Amrine (734) 668-0427
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 June-August
(Virtual Meetings – Call for Info)

Washtenaw County - Ann Arbor

Adaptive Exercise Class
Mondays, 3:00 pm
Bob Leffler (734) 276-9988
Westminster Presbyterian Church
1500 Scio Church Rd. (West Entrance)
Ann Arbor, MI 48103
No Fee

Washtenaw County - Ann Arbor

Music Therapy Sessions
Tuesdays, 2:00 pm
Diane Woods (734) 646-9420
woodsdiene49@gmail.com
Interfaith Center for Spiritual Growth
704 Airport Blvd. Ste 1 AA
Ann Arbor, MI 48108

Wayne County-Downriver/Allen Park

2nd Friday, 6:30 pm
Bridget Daly, OTRL (734) 250-0325
Allen Park Presbyterian Church
7101 Park Ave.
Allen Park, MI 48101

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
(Virtual Meetings – Call for Info)

Wayne County - Parkinson's Action Group

2nd Thursday, 2:30 pm
Deb Champion (313) 520-9082
Christ Church
61 Grosse Pointe Blvd.
Grosse Pointe Farms, MI 48236

Wayne County - Livonia

2nd Thursday, 7:00 pm
Julia Wall
livoniaparkinsons@gmail.com
or 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
Alison Walters (231) 775-6981
Judy Liptak
Senior Citizens Center
601 Chestnut St.
Cadillac, MI 49601