**Special Program Descriptions**

**Coffee Chat:** An informal discussion about a pre-decided topic of choice. Members can decide what topic Is pertinent in their lives presently. A group facilitator will be available. Coffee, tea, and water will be available.

**Yoga Nidra:** Yoga nidra ([Sanskrit](https://en.wikipedia.org/wiki/Sanskrit_language): योग निद्रा) or yogi sleep is a state of [consciousness](https://en.wikipedia.org/wiki/Consciousness) between waking and sleeping, like the "going-to-sleep" stage, typically induced by a [guided meditation](https://en.wikipedia.org/wiki/Guided_meditation).

There is evidence that *yoga nidra* helps to relieve stress. Each participant will make a eye mask of their own to use in the session and take home with them. Bring a pillow and mat to class. A. light lunch will be served. $10 donation is optional.

**CAP Support Group Meetings:** The Connecticut Advocates for Parkinson’s was established in 2007. The group meets one time per month on the first Saturday of the month from 12pm-2pm. The group leader sets the agenda and leads the meeting. Each meeting has a guest speaker and/or a topic of interest to PWP’s and their families.

**CAP Board Meeting:** The CAP Board of Directors meet once a month on the third Thursday of the month at 5:30pm. The BOD is responsible for the management of the PD Center, research and support groups under the CAP umbrella.

**Gold Level Class:** This is a high level Beat PD class that is open to certain Beat PD Members for free and is also open to friends and family for a drop-in rate of $10.

**Game Night:** An evening of games and fun. A variety of games will be available for friends and family of members to play. Pizza will be served. Each month the game will be chosen ahead of time.

**PD Center Meeting:** A committee of volunteers discusses and decides on PD Center issues regarding management of the facility. If you are interested in joining the group, please ask the Facility Director.

**Book Club:** A book will be chosen in advance and then discussed and reflections will be shared. A facilitator will lead the session. Barbara Snyder, a retired Reading Teacher, will be leading the discussion this month. The book for March is, ----------------

Book Club

At the PD Center of CT

Thursday, March 26th

2pm-4pm

Session will be guided by Barbara Snyder