

Parkinson's

MOVEMENT • VOICE • STRENGTH • COMMUNITY

PROGRAMMING AT EVERGREEN COMMONS



2026 

Celebrating
10 Years of

- AWARENESS
- ADVOCACY
- SUPPORT

for People with
Parkinson's

welcome

For more than 25 years, Evergreen Commons has been a trusted guide for individuals and families living with Parkinson's disease. What began in partnership with Holland Hospital has grown into a specialized, research-informed program that supports strength, mobility, confidence, and connection.

START HERE.

Our trained and certified staff lead eight class formats, 17 weekly exercise sessions, and a monthly support group, all designed to meet people where they are and help them move forward.

Backed by strong partnerships with healthcare, rehabilitation, and community organizations, Evergreen Commons offers both the expertise and compassionate support needed along the Parkinson's journey.

If you are unsure where to begin, schedule a complimentary Parkinson's consultation and assessment so we can guide you to the right starting point.



Sydney Meeuwsen

616-355-5146

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PWR! Moves®

Parkinson Wellness Recovery

PWR! Moves are Parkinson's-specific, research-based exercises designed to improve mobility, balance, and everyday function through large, intentional movement.

PWR! MOVES CHAIR

Seated Parkinson's-specific exercises focused on large, intentional movements to improve posture, mobility, and daily function. Ideal for those who prefer or require chair support.
Tues & Thurs | 10:00–10:45am | Seminar Room

PWR! COMBO

A combination of seated, standing, and guided floor exercises. Focuses on strength, balance, and movement transitions in a supportive environment.
Tues & Thurs | 9:00–9:45am | Seminar Room

PWR! MOVES CIRCUIT

A dynamic circuit-style class incorporating walking patterns, balance challenges, floor work, fine motor tasks, and cardiovascular conditioning. Designed for individuals who move independently.
Mon & Wed | 10:15–11:00am | Seminar Room
Fri | 10:15–11:00am | Auditorium



Movement & Specialty Classes

PEDALING FOR PARKINSON'S SPIN

A cycling class following Parkinson's-specific protocols designed to improve gait, stamina, balance, and overall symptom management through consistent, purposeful pedaling.

Mon, Wed, & Fri | 9:00–10:00am

Tues & Thurs | 11:00am–12:00pm

Cycling Studio

PILATES FOR PARKINSON'S

A structured mat-based class that enhances core strength, posture, flexibility, and controlled breathing to support balance and mobility.

Mon | 12:10–12:55pm | Dance & Music Studio

MOVING WITH PARKINSON'S

A dance-based class offered in partnership with the Grand Rapids Ballet. Encourages creative expression, mobility, and connection through guided movement in a supportive setting.

Wed & Fri | Mar. 4–May 29 | 12:15–1:00pm

Dance & Music Studio



Voice & Fine Motor

FINE MOTOR FITNESS

Focused on improving hand strength, dexterity, coordination, and precision to support everyday tasks like writing, buttoning, and utensil use.

Mon | 11:15–11:45am | Study Hall

VOCALIZE

A Parkinson's-focused voice class based on LSVT BIG & LOUD® principles, designed to strengthen vocal volume, clarity, breath control, and conversational confidence.

Wed | 11:15am–12:00pm | Study Hall

Additional Support

Parkinson's Support Group

A monthly group for individuals living with Parkinson's and their caregivers to connect, share, and learn together.

3rd Wednesday of Month | 2:30pm
Seminar Room

Caregiver Support Groups

A supportive space for care partners to connect and share.

Wednesdays | 11:15am | Home Ec
Thursdays | 10:00am | Board Room

Ladies Parkinson's Support Group

A welcoming space for women with Parkinson's to connect and share.

First Monday | 11:15am | Board Room
Fridays | 11:15am | Study Hall

Parkinson's-Specific Personal Training

One-on-one sessions tailored to your unique symptoms, abilities, and goals.

Our Instructors



Attila



Bethany



Bree



Jaclyn



Marcie



Sydney



Zach



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www.evergreencommons.org

Our Commitment

**POWER
TO MOVE**

**REFLECTS OUR
ONGOING DEDICATION TO:**

- **Deepening support** for those living with Parkinson's
- **Strengthening** caregiver inclusion and connection
- **Expanding** therapeutic arts and wellness **programming**
- **Creating meaningful opportunities** to move, create, and thrive together