

# 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

meeuwsens@evergreencommons.org

## 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

**LSVT BIG®** **LSVT LOUD®**

# 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 Group

A supportive space specifically for care partners.

Thursdays | 10:00–10:45am

Board Room

## 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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Holland, MI 49423  
616-396-7100

[www.evergreencommons.org](http://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