

2026
10

**POWER
TO MOVE**

PARKINSON'S AWARENESS MONTH

A month of free events open to the community!

**MANY THANKS TO
OUR SPONSORS:**

 **WEST MICHIGAN
COMMUNITY BANK**


The Willink Group, LLC

**Celebrating
10 Years of**

- **AWARENESS**
- **ADVOCACY**
- **SUPPORT**

**for People with
Parkinson's**

WELCOME

This April, Evergreen Commons invites you to experience **POWER TO MOVE** – a month of **FREE** events open to the community centered on creativity, connection, and shared strength for those living with Parkinson's and the caregivers who support them.

Through art, music, conversation, and movement, we'll gather to build wellness, foster confidence, and remind one another that no one walks this journey alone.

Week 1:

APRIL 6–10

CREATIVITY IN MOTION

FINE MOTOR FITNESS: Zentangle Method

4 Week Series

Mondays, April 6–27

11:15–11:45am | Study Hall

Instructor: Laurel Hibma

Calming guided art to strengthen dexterity, focus, and relaxation.

*Evergreen Commons
Members Only.*

Theraplaying: THE HEALING POWER OF MUSIC

Wednesday, April 8

2:30–3:30pm | Seminar Room

Presenter: Jim Lenger

Rhythm-based guitar session supporting individuals living with Parkinson's. Improves fine motor skills, movement, and builds confidence.

Week 2:

APRIL 13–17

STRENGTH & SUPPORT

PARKINSON'S SUPPORT GROUP: MARY FREE BED

LSVT Big and Loud™

Wednesday, April 15

2:30–3:30pm | Seminar Room

Through evidence-based exercises, individuals find strength in movement and vocal power – reinforcing the importance of both physical presence and personal voice.

RESOURCE CENTER Open House

Thursday, April 16

11:00am–1:00pm

**The Resource Center
of Evergreen Commons**

Explore supportive services, caregiver resources, and community connections.

Week 3:

APRIL 20–24

HOPE & CONNECTION



On Firm Ground: FILM SCREENING

Tuesday, April 21

9:30–11:30am | Auditorium

Join us to view *On Firm Ground*, a moving portrait of life with Parkinson's. At its heart are The Ritschers, whose journey reflects love, determination, and quiet courage. Enjoy coffee and pastries, and stay for a post-film discussion.

Generously sponsored in part by Resthaven

BRIDGING GENERATIONS Call to Care

Thursday, April 23

10:00am–12:00pm | Study Hall

Through shared stories and conversation, this intergenerational panel explores empathy, connection, and the shared journey of Parkinson's and caregiving.

Week 4:

APRIL 27–30

MOVEMENT, CARE & CONNECTION

DAY CENTER Open House FOR PARKINSON'S CARE

Monday, April 27

4:00–5:30pm

The Day Center
of Evergreen Commons
Discover compassionate
programming and respite
support for caregivers.

GRAND RAPIDS BALLET PRESENTS:

A Celebration of Movement as Medicine

Wednesday, April 29

4:30–6:00pm | Auditorium

Join the Grand Rapids Ballet for an interactive dance therapy experience. Savor a selection of small bites and refreshing mocktails while you enjoy a live performance highlighting the healing and human power of dance.

Generously sponsored in part by Mark & Dawn DeWitt

Call, stop in, or register online.

**POWER
TO
MOVE**



480 State Street
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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