Parkinson's Disease Support Groups – Virginia (By City)

**Arlington**
Side by Side Group; 2nd Tuesday, 1030 a.m. Our Lady Queen of Peace. (Zoom)
Contact: Arlene Edwards; 571-286-5000; info@parkinsonsocialnetwork.org.

**Blacksburg**
1st Thursday 2:30-3:30 pm; Warm Hearth Village.
Contact: Kenny Harrah; 540-443-3474; kharrah@warmhearth.org.

**Charlottesville**
2nd Monday at 1:30 pm; Westminster Canterbury of the Blue Ridge. (Not currently meeting)
Contact: Susan Dietrich; 434-982-4482; sjd3c@virginia.edu.

3rd Friday at 12:30 pm; Church of Our Savior; 1165 Rio Road East.
Contact: Susan Dietrich; 434-982-4482; sjd3c@virginia.edu.

Care Partners; 1st Thursday at 10:30 am; The Center. (Zoom)
Contact: Joanne McNergney; joanne.mcnergney@gmail.com.

MLee Parkinson's Group Virginia (all ages; blog, Twitter, Instagram and Facebook options)
Contact: Maulebach@Yahoo.com; 434-882-8480; #TeamMLeePD.

**Chesapeake, Portsmouth, Suffolk**
2nd Saturday, 1:30 pm, Church of St. Therese-Chesapeake.
Contact: Kendra Lapointe; 505-379-5982; kendra4pd@yahoo.com.

**Danville**
2nd Tuesday at 2:00 pm, Trinity Methodist Church. (Joined with Eden, NC group, so not meeting every month in Danville).
Contact: Jim and Marjorie Hamilton; 434-791-4493; shopman33@comcast.net.

**Eastern Shore/Onancock**
3rd Thursday at 2:00 pm; Eastern Shore Family YMCA.
Contact: Debra Murray; 757-678-6459; debrakmurray@msn.com.

**Fishersville**
2nd Saturday, 2:00 pm, Augusta Health; Community Care Bldg. (Not currently meeting)
Contact: Emily Anderson; eanderson@thelegacyatnorthaugusta.org.

**Franklin**
3rd Tuesday, 7 pm; Southampton Memorial Hospital Auditorium.
Contact: Doug Boyce; 757-562-4432; dboyce 124@gmail.com.
Updated: December 30, 2021

**Fredericksburg**
4th Wednesday at 10:30 am; disAbility Resource Center.
Contact: Jim & Earline Haney; 540-371-7334; scout1977@hotmail.com.

**Caregivers**
3rd Tuesday, 10:30 AM.
Contact: Earline Haney; 540-371-7334.

**Front Royal**
4th Monday (unless holiday); 4:30-6:00 pm; Warren Memorial Hosp. Outpatient Ctr.
Contact: Dana Crone, dcrone@valleyhealthlink.co; or Noah Jordan, njordan@valleyhealthlink.com; 540-635-0730.

**Harrisonburg**
3rd Saturday at 1:00 pm, Sentara RMH Medical Center
Contact: Eva Showalter; 540-810-5210; conniesuer@gmail.com.

**Hillsville**
Wednesday at 1:00 pm; St. Joseph Church Hall in Woodlawn.
Contact: Mary Ann Riccitiello; 276-728-0130; mcox1753@gmail.com; or Stephen Turner; turneredwards@embarqmail.com.

**Louisa**
1st Monday at 130; Louisa Baptist Church; Fellowship Hall.
Contact: Cathy Collins; 540-894-3973.

**Loudoun**
1st Tuesday at 1:30; Ashby Ponds, 21170 Ashby Ponds Blvd., Ashburn, VA.
Contact: Sonia Gow; 703.375.9987; sonia.gow@inova.org.

**Care Partners**
3rd Thursday at 1:30 p.m.
Contact: Sonia Gow; 703.375.9987; sonia.gow@inova.org.

**Lynchburg**
3rd Tuesday at 2 pm; The Summit;
Contact: Wendy Posey; 434-386-7002; wposey0001@yahoo.com.

**Caregivers**
1st Tuesday at 3 p.m.; The Summit Manassas; 2nd Saturday at 10 am; Church of the Brethren.
Contact: Dale Walden; dswalden@verizon.net.

**Newport News**
3rd Wednesday at 1:00 pm, Mary Immaculate Conference Center.
Contact: Sister Bernard Magill; 757-876-2711; Bernard Magill@bshsi.org.
Updated: December 30, 2021

4th Wednesday, 5:30 pm, Riverside Regional Medical Center, Medical Office Bldg. Contact: Sandra Snapp; 757-534-5220; sandy.snapp@rivhs.com.

**Norfolk**
2nd Thursday, 2:30 pm; Harbor's Edge. Contact: Kori Poplin, 757-616-7937; kpoplin@harborsedgenorfolk.com.

**Caregivers**: 2nd Thursday; 1:30 pm; Art Studio Harbor's Edge. Contact: Kori Poplin; 757-616-7937; kpoplin@harborsedgenorfolk.com.

**Northern Neck/Middle Peninsula**
2nd Wed at 1 pm, Rappahannock Westminster Canterbury. Contact: Rita DePew; 804-435-9553; rita.depew@kaballero.com.

**Caregivers**: 1st Monday at 10 am, R-WC Orange; Last Wednesday at 2 pm, Dogwood Village Senior Living. Contact: Ginny Stanley; 540-672-5696; vawstanley@gmail.com.

**Richmond**
1st Tuesday at 7:00 pm, (Discussion); Circle Center, 4900 W. Marshall St., (behind Krispy Kreme on Broad St.). (Zoom) Contact: Jay Burkhardt; 804-355-5717; jburkhardt@circlecenterads.org.

1st Monday, most months; 1 pm; PADRECC, McGuire VAMC. (Zoom) Contact: 804-675-5931. Check website: www.parkinsons.va.gov/Richmond.

Last Wednesday; noon; Tarrant's West Restaurant. Contact: Fred Woodlief, DDS; 804-378-7577; fpwoodlief@gmail.com.

**Newly Diagnosed**: Power Over Parkinson’s Advisors Group Contact: 804-708-2246; contact@poweroverpd.org; https://www.poweroverpd.org/pop-advisors-group

**Women’s PD Group**: 1st Friday at 10:30 am; Via Zoom Contact: Vondra Harrell, MSW; vondra.harrell@vcuhealth.org; 804-297-8737.

**Roanoke**
3rd Tuesday at 2:00 pm; Rebos Club Meeting Room, 4231 Garst Mill Rd. (Not meeting) Contact: roanokeparkinsonsgrp@gmail.com, http://roanokeparkinsonsgroup.org/

**Caregivers**: 2nd Friday at 10:00 am; Colonial Baptist Church. (Not meeting) Contact: roanokeparkinsonsgrp@gmail.com, http://roanokeparkinsonsgroup.org/.
Rocky Mount
Contact: Letitia Furrow; LKFurrow@carilionclinic.org; 540-489-6368.

Suffolk
4th Monday; 3 pm; Lake Prince Woods.
Contact: Denise Brown; dbrown@uctias.org; 757-923-5513.

Virginia Beach
1st Wednesday, 10 am. St. Andrew’s United Methodist Church.
Contact: 757-495-3062; apdavirginia@apdaparkinson.org.

3rd Saturday; 10 am, St. Gregory's Church, Tobias Room.
Contact: 757-495-3062; apdavirginia@apdaparkinson.org.

Caregivers: 1st & 3rd Mondays at 2pm; Parkinson’s Partners (Care Partner Support Group). (Zoom)
Contact: Gloria Siegel, facilitator; veggigi@gmail.com; 757-339-3833.

Young Parkinson’s: 4th Wednesday at 5 pm; 60 years and younger; Virginia Beach. (Zoom)
Contact: Wendy Wilkerson; 757-495-3062; wendy.wilkerson@empowerment-wellness.com.

Warrenton
3rd Monday; 12:15-2 p.m.; Chestnut Forks Tennis & Swim Club.
Contact: Ann Proctor; (540) 253-5407; ahughey@live.com.

Williamsburg
1st Thursday; 1-2:30 pm Brookdale - Williamsburg; Comber Physical Therapy & Fusion Chiropractic, 5388 Discovery Park Blvd., Suite 200.
Contact: Chris Rangel; crangel@comberpt.com; 757-707-3955.

Winchester
2nd Tuesday; 11 am, Winchester Church of God.
Contact: Cheryl Reames; 540-662-4632; winchesterparkinsons@gmail.com.

3rd Monday; 11 am, Shenandoah Valley Westminster Canterbury.
Contact: Cheryl Reames; 540-662-4632; winchesterparkinsons@gmail.com.

Care Partners: call for information on day & time.
Contact: Cheryl Reames; 540-662-4632; winchesterparkinsons@gmail.com.

Wytheville
1st Tuesday; 6:30-7:30 pm; Heartland Health & Rehab.
Contact Debbie or Caroline: 276-228-6200.
Parkinson's Disease Exercise/Activity Groups

**Richmond area**

**ACAC P.R.E.P. (Physician Referred Exercise Program)**
Exercise counseling and guidance, strength or pool. Referral from MD.
When: Individual sessions. Some supervised sessions and independent sessions.
Where: Short Pump ACAC, 2201 Old Brick Road
Cost: $60 for 60 days
Contact: Zack zackaryl@acac.com, (804)-464-0990; info/forms at: Acac.com/prep referral form.

**Gentle Yoga**
When: F 11:00am
Where: First Baptist Church, 2709 Monument Ave, Richmond
Cost: whatever donation you can make
Contact: Sarah Humphries enjoyoga7@gmail.com, 804-840-4881

**Parkinson’s Dance Group**
When: Tuesdays at 3pm.
Where: Brandermill Woods Clubhouse, 14311 Brandermill Woods Trail, Midlothian
Cost: Free for residents of Brandermill Woods but guests welcome. Must be vaccinated or wear N95 mask.
Contact: Willia Lloyd; 804-521-8274; wlloyd@brandermillwoods.com.

**Parkinson’s Disease Movement Program:** Pedaling for Parkinson’s
When: MW 11:45-12:45pm; T Th 1-2:00 pm.
Where: John Rolfe YMCA, 2244 John Rolfe Parkway, Henrico
Cost: $40/month (members) $70/month (non-members)
Contact: Ian Hunt (804)729-4634 hunti@ymcarichmond.org

**POP HEAT (Power Over Parkinson’s High Energy Amplified Training)**
Where: GOLD’s GYM, 8904 W Broad Street, Richmond www.poweroverpd.org
When: M 12pm, W 12pm, F 10:30am.
Cost: Monthly unlimited $65/month. Daily $15/class, or purchase block of 6 classes for 1 month, $85.

**Power Punch**
Where: Sheltering Arms Midtown, 2805 W Broad Street, Richmond
When: T/Th 3:00pm
Cost: $40/one month session
When: W 11:30-12:15pm (per website).
Where: Simply Ballroom Dance Studio 3549 Courthouse Road, Chesterfield
Cost: FREE for those with PD diagnosis only
Contact: Veronica (804) 276-3343 or dance@simplyballroomva.com.

Rock Steady Boxing:
When: Heavy Hitters: MWF 11:15-12:30pm, MW 1-2:15pm, T/Th 9:30-10:45am, Sat 10-11:15am Fearless Fighters: T/Th 11:15-12:30pm, Sat 10-11:15am Yoga: Every other Fri 10-11am.
Where: 8191 Staples Mill Road Henrico, VA 23228 804-835-6935

Virtual

POP Virtual Workout with Coach Jojo
Led by Rock Steady Boxing Coach and Sr. POP Advisor, Jojo McDuffie.
When: Sat 10am
Where: Zoom link sent out prior to workout.
Cost: Free

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Parkinson's Disease Resources

VCU Parkinson's Disease and Movement Disorders Center
Box 980539, Richmond, VA 23233
Contact: 804-628-2022; pdcenter@vcuhealth.org, https://parkinsons.vcu.edu.

American Parkinson Disease Association (APDA)
Virginia Chapter: www.apdaparkinson.org/va.
Contact: Susan Dietrich, Coordinator; 434-982-4482; sjd3c@virginia.edu.

Melvin Weinstein Parkinson’s Foundation (can provide assistance for special equipment or supplies to manage the daily challenges of Parkinson's disease)
2224 Virginia Beach Blvd., Suite 205, Virginia Beach, VA 23454.
Contact: 757-313-9729 or email at mwpfassistance@verizon.net.

Parkinson's Disease Research, Education, and Clinical Center (PADRECC)
VA Medical Center; 1201 Broad Rd. Blvd, Richmond, VA 23249.
Updated: December 30, 2021

Contact: 804-675-5931; www.parkinsons.va.gov.

Parkinson Foundation of the National Capital Area
www.parkinsonfoundation.org.

Partners in Parkinson's
Discussion and support for care partners and families of people with Parkinson's Disease.
First Tuesday of Every Month / 1:00pm EST; Zoom Meeting ID: 892 0510 3333.
Invite Link: https://apdaparkinson.zoom.us/j/89205103333.

Parkinson Social Network
Contact: 571-286-5000; www.parkinsonsocialnetwork.org.

Power Over Parkinson’s Disease Foundation
7201 Glen Forest Dr, Suite 205 Richmond, VA 23226
Contact: 804-708-2246; contact@poweroverpd.org; https://www.poweroverpd.org.

The Michael J. Fox Foundation

The Parkinson’s Foundation

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