

Updated: December 30, 2021

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; dboyce124@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; kpopl@harborsedgenorfolk.com.

Caregivers: 2nd Thursday; 1:30 pm; Art Studio Harbor's Edge.
Contact: Kori Poplin; 757-616-7937; kpopl@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; Rebo's 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/>.

Updated: December 30, 2021

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.

Updated: December 30, 2021

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; wllloyd@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.

Contact: 804-708-2246; <https://www.poweroverpd.org>.

Power Punch

Where: Sheltering Arms Midtown, 2805 W Broad Street, Richmond

When: T/Th 3:00pm

Cost: \$40/one month session

Updated: December 30, 2021

Contact: Christina Smith 804-764-5354, www.shelteringarms.com/powerpunch.

Richmond Parkinson's Dance Project: www.richmondparkinsonsdanceproject.com.

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

Contact: 804-708-2246; <https://www.poweroverpd.org>.

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

<https://www.michaeljfox.org>.

The Parkinson's Foundation

<https://www.parkinson.org>.
