

# FREE CLASSES

## PDdance & PDexercise

Innovative physical activity classes for  
people living with Parkinson's disease, family members and care partners

**Led by Cynthia Pegado, BFA,**

Dance for PD® Wertheimer Fellow

Register with Chris Jamele or Cynthia Pegado [cypegado@gmail.com](mailto:cypegado@gmail.com) 262-8122

### Williamsville

Tuesdays – PD Dance with live pianist 11:00-12:15; PD Exercise 12:30-1:30  
Faith United Church of Christ Fellowship Hall, 1300 Maple Road (at Hopkins)

### Kenmore

Thursdays – PD Exercise 12:30-2:00; PD Dance 2:00-3:00  
ModDance Studio: 2890 Delaware Avenue at Delaware Road

### Canalside Buffalo

Fridays 10:00-11:00 on May 31, June 14, 28, July 5, 12, 26, August 9, 16, 23, 30  
“EVERYONE Can Dance” PDdance, outside! Multi-generational, all guests welcome!  
On Canalside's Pierce Lawn, corner of Lloyd & Prime Streets, by the Commercial Slip  
Bring a hat, sunscreen and water. FREE parking adjacent on Lloyd St & Prime St.

### Burchfield Penney Art Center

Wednesdays 10:15-12:30 June 26, July 3, 24, 31, August 7, 14, 21, 28, Sept 4, 11  
Sept 13 evening performance BPAC Front Yard  
“Art Moves Me” PDdance, in the galleries; includes curator-led tour, live musician  
Ms. Pegado's NYS Council on the Arts award-winning program for Community Arts  
1300 Elmwood Ave., free parking for class participants in museum lot

### ArtPark

Monday July 1, Saturdays July 13, 27; 10:00-11:00  
Pre-sunset sessions with relaxation: Sundays Sept 22, 29, Oct 6; 5:30-6:30  
“Sound Dance” PD Movement and Music-making with ArtPark gongs  
Ms. Pegado's NYS Council on the Arts award-winning program by an Individual Artist  
450 S 4<sup>th</sup> St, Lewiston in ArtPark's Percussion Garden adjacent to parking lot