

In-person meeting plan: March 19, 2022

Most folks want to get back together to see smiling faces, exchange a hug or elbow tap, to welcome the spring air. Much of the State is now lifting restrictions. Our plan is to resume in-person meetings this March. We have traditionally met on the **third Saturday of the month**, and we plan to continue that tradition.

Our next in-person meeting will be:

- Saturday, March 19, 2022.
- Support groups start at 10:00 am.

What if circumstances change and the county changes its guidance? Every time we make plans, it is possible that COVID may throw us a curveball. In that case, **we will notify you through our Constant Contact email system.**

Classes

Petra Fibrichova's "**PD Fit Club**" is on Mondays. Her classes started March 7, 10:00 - 11:15. Classes are held in the Oak Room. They are open to new enrollment. fibrichova@gmail.com

In-Person Logistics for PNMD Meetings and Support Groups

We will begin meeting in-person again starting **Saturday, March 19, 2022**. The location will be Grace Presbyterian Church in Walnut Creek – same place we have met in the past. There is plenty of parking.

We will set up a **Welcome table** in the courtyard starting at **9:30 am**. Pick up your name tags, and get directions to the correct room.

The plan is for the "**Support**" groups to run from **10:00 - 11:15 am**. (Note: This is an hour later than we used to start, which gives everyone a chance for extra beauty rest.) Each of the three support groups - Caregivers, Women and Men - will meet in a separate room. Men's groups A, B and C will meet together in a combined group. There are plenty of bathrooms.

All groups are open to newcomers.

No reservation is necessary, nor is there any cost. After the support groups adjourn, the larger **Oak Room** will be open from **11:30 - 12:00 noon** for people to gather and say hello. However, it is optional. Just return your name badges before you leave. We will have tables, chairs, and coffee and tea. Folks can sit down, socialize, and relax. It is long overdue, and it should be fun!

The hybrid model plan

What about online support groups? They will continue. We will still offer a combination of both in-person and online support groups. The Caregiver's will only meet in-person (with possible simultaneous streaming), but the other groups will likely have both options.

Schedule and Locations of In-person meetings

Grace Presbyterian Church, 2100 Tice Valley Blvd, Walnut Creek, CA 94595

- PNMD Welcome table: Courtyard, 9:30-10:00 am
- Caregivers' Support group: Sanctuary, 10:00-11:15 am
- Women's Support group: Library, 10:00-11:15 am
- Men's Support group: Fireside room, 10:00-11:15 am
- PNMD Social: Oak Room, 11:30-12:00 noon

TriValley Chapter Zoom meetings

- Will meet on Zoom. Saturday, March 12, 2022, 10:30 - 11:30 am
Email Mary Behrendt for invitation mary.behrendt@pnmd.net