

# ENRICHMENT

## PD POWER UP!

PD POWER UP utilizes PWR!Moves, which is an exercise

protocol for those with Parkinson's disease. It is designed around four basic elements of exercise, targeted to help counteract bradykinesia, rigidity, and incoordination. Some of the Parkinson's symptoms that exercise can positively affect include self-confidence, fatigue, gait, and balance.



**Dates:** Tuesdays and Thursdays Jan 4– Feb 3      **Time:** 9:00 AM—10:00 AM  
**Class Code:** W0046      **Fee:** \$54 By Dec 21/\$59 Regular  
**Location:** PACC Group Fitness Room - Enter PACC door #1  
**Min:** 4    **Max:** 15    **Registration Deadline:** Jan 4      **Instructor:** Katie Wendroth

## Virtual Classes presented by Sauk River Watershed District



**Rain Gardens** Do you want a rain garden that looks beautiful year round, requires little maintenance and will look great year after year? Learn about the latest trend in landscaping including sizing, location, installation and plant selection for your rain garden and rain water harvesting. With the wide variety of plants and materials available you can create a rain garden with a natural wild look or an organized planting suitable for the most refined settings. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.



**Dates:** February 24      **Time:** 6:30-7:30pm      **Class Code:** W0004      **Fee:** \$8    **Min:** 5      **Max:** 25  
**Location:** Virtual class in your own Home-a couple days before the class a virtual link will be emailed to you

**Rain Barrels** Rain barrels harvest rain water from roofs and other structures that can then be used to water gardens, lawns, and potted plants. Installing a rain barrel is an excellent way to reduce run-off and pollution as well as save MONEY! As much as 40% of residential water is used for irrigation in the summer. Participants will learn the ins and outs of rain barrels, site selection, and other tips to use rain barrels most efficiently. We will also talk about the pros and cons of many of the commercially available rain barrels and how to make your own. Participants will receive a free native plant book and there will be several gift certificates from local nurseries given away as door prizes.



**Dates:** March 8      **Time:** 6:30-7:30pm      **Class Code:** SP1099  
**Fee:** \$8    **Min:** 5    **Max:** 25  
**Location:** Virtual class in your own Home-a couple days before the class a virtual link will be emailed to you

**Living Fencelines** Natural fences constructed of shrubbery, tall flowers, and clumping grasses are attractive and environmentally friendly. These living fences add an eye-catching way to define your property boundaries, while also adding pollinator plants that serve as effective privacy screens. Good fences make for good neighbors....and good habitat! Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.



**Dates:** March 10      **Time:** 6:30-7:30pm      **Class Code:** SP1094  
**Fee:** \$8  
**Min:** 5    **Max:** 25      **Location:** Virtual class in your own Home-a couple days before the class a virtual link will be emailed to you