

A huge THANK YOU to everyone who came out and took part in this year's Walk!
 Nine Walks, 100's of hours put in by dedicated staff, clients and volunteers and the generosity of so many sponsors and donors, has brought the current total to over \$400,000 dollars raised by this year's Flexxaire Parkinson Step 'n Stride!
 Thank you to everyone who came out made a difference.
 Parkinson Association of Alberta will be accepting pledges until October 5th!



Are you are interested in becoming a volunteer with an organization that truly believes in helping others Live Well? We can help you with that!
 Come join a group of people that enjoy having fun and work to support those impacted by Parkinson's disease. Call the Lloydminster office and we will be happy to help you.



Appointments Welcome:

If you would like to visit our Client Service Coordinator for a one on one appointment, please call and book an appointment at **780 808 5006** or email **sbower-gagne@parkinsonassociation.ca**

Membership Renewal:

Memberships run yearly from January – December and cost \$25. Parkinson Association of Alberta members receive access to programs and events at a discounted rate and will receive a free Aware in Care kit. Talk to your Client Services staff to find out more.



Would you like to be involved in research and make a difference? Visit our website <http://www.parkinsonalberta.ca/callforresearchparticipants> or contact us to hear about research opportunities available for those living with Parkinson’s and their families in the Edmonton Region.

 **SUPPORT GROUPS** 

Support groups can be a valuable resource as they provide a place to meet others and share similar experiences. Below is a list of the support groups offered in our Region. For more information call 780 808 5006.

<p>Support Group Lloydminster 2 pm to 4 pm 4th Tuesday of the month Southridge Community Church 5701 41 St.</p>	<p>Care-Partner Support Group Lloydminster *Please call 780 808 5006 for information 10 am to 11 am 2nd Monday of the month Southridge Community Church 5701 41 St.</p>
<p>Support Group Wainwright 2 pm to 4 pm 2nd Tuesday of the month *Please call 780 808 5006 for information</p>	<p>Care-Partner Support Group Wainwright *Please call 780 808 5006 for information</p>
<p>Support Group Bonnyville 11:00 am to 12:30 pm 3rd Friday of the month The Neighbourhood Inn - 5011 66 St. Option to stay for lunch afterwards. We will all be responsible to purchase our own lunch off the delicious menu.</p>	

<p>ALBERTA RETIRED TEACHERS</p>  <p>If you would rather take part in a support group from the comfort of your own home, you are invited to join the 'Tele Support Group'. We have three options to choose from. Call 1-800-561-1911 for information or to register.</p>	<p>ALBERTA RETIRED TEACHERS</p>  <p>Tele-Support Group Parkinson Disease (General)</p> <p>10:00am – 11:00am <u>3rd Thursday of the month</u> *Advanced registration is required. 1-800-561-1911 Email - info@parkinsonalberta.ca</p>
<p>ALBERTA RETIRED TEACHERS</p>  <p>Tele-Support Group Care-Partners</p> <p>6:30pm – 7:30pm 3rd Wednesday of the month *Advanced registration is required. 1-800-561-1911 Email - info@parkinsonalberta.ca</p>	<p>ALBERTA RETIRED TEACHERS</p>  <p>Tele-Support Group Parkinson's Plus (MSA, PSP, CBD, Lewy Body)</p> <p>10:00am – 11:00am <u>4th Thursday of the month</u> *Advanced registration is required. 1-800-561-1911 Email - info@parkinsonalberta.ca</p>

PROGRAMS

Programs **require pre-registration** a minimum of one week in advance of the program start date and require a **minimum number** of participants to run. **Payments must be made at the time of registration.** We are **not able to pro-rate** classes because we are cost recovery. If there is a medical procedure during the class session, please speak to a Client Services Coordinator.

We will accept post-dated cheques for the programs. Payment can be made by cash, credit card or cheque, in person, over the phone or via Canada Post. We do not have debit or eTransfer.

Registration for these programs will be accepted on a **first-come, first-serve basis.**

FREE programs are offered as well! Please check them out and join us!!! For more information contact your Client Services staff at 780 808 5006 or email sbower-gagne@parkinsonassociation.ca

Below is a list of programs that we will be offering throughout September to December 2018. Our most up-to-date offerings are available anytime on our website. Go to www.parkinsonalberta.ca and click the blue button on the right that says Lloydminster! These icons indicate which category (ies) a program falls under; you will find them beside each program listing below.



PD & the Arts



PD & Education



PD & Movement



PD & Social



Voice and movement

Lloydminster and Bonnyville

Lloydminster

Mondays 10:00am – 11:00am

(stat. holidays program will be cancelled)

Cost: FREE

**Southridge Community Church 5701 41 St
Lloydminster, AB.**

Description of the Program:

Come practice strengthening your voice along with learning some new stretching movements to help with your balance and movement.

After the session we gather for coffee at a mutually chosen location. Come strengthen your voice, improve your balance, flexibility, make some new friends and have fun!

Bonnyville

10:00am – 11:00 am

(stat. holidays program will be cancelled)

3rd Friday of the month

Cost: FREE

**The Neighbourhood Inn - 5011 66 St. Bonnyville
Stay for the support group and option to purchase
from their delicious menu!**

Description of the Program:

Come practice strengthening your voice along with learning some new stretching movements to help with your balance and movement.

After the session we gather for coffee at a mutually chosen location. Come strengthen your voice, improve your balance, flexibility, make some new friends and have fun!



Raise Your Voice in Song - Lloydminster

Tuesdays

1:30 pm – 2:30 pm

Drop-in

Cost: free

**Location: Hemstock -4202 54 Ave,
Lloydminster**

***Call for more information 780- 808 5006**

Description of the Program:

This drop-in, group-sing-a-long is a great way to have fun, helps cognitive function, keep your vocal chords active and just a lot of fun! Come out and make some new friends! No singing skill required. Then join everyone for coffee house afterwards!



Walking Club - – Lloydminster

Wednesdays

9:30 am – 10:30 am

Cost: Free for seniors

Location: Servus Sports Centre, 5202 12 St
Lloydminster AB.

Description of the Program:

Come together rain or shine and let's Walk it Out. Come join this group on the oval walking track on the second floor of the Servus Sports Center (elevator available). This track has a padded surface which makes it easy to walk on and kind to your joints. Walk as fast or as slow as you like, walk as far as you like, walk alone or with a partner it's totally up to you. Come join us join us and explore the benefits of walking indoors on this fantastic track. Then join the group for coffee and socializing.

*Indoor shoes are required, no outdoor shoes allowed.



Seniors Swim and Water Aerobics – Lloydminster

Mondays, Wednesdays, Fridays

*Dates to be announced soon.

Description of the Program:

Want a great way to get your exercise? Try water aerobics! The buoyancy and cushioning effect of the water allows for freedom of movement to help maintain balance, strength, endurance, and flexibility. This program provides a great way to lessen the impact on your joints while exercising. This is a low-impact, general aerobics, stretching, and mild exercising. This is a 30 minute class – Help aids are welcome.



Adapted/Restorative Yoga – Lloydminster

Dale Foss – Serenity Yoga

Every Tuesday 10:00 AM to 11:30 AM

Second time and location option

Every Tuesday 2:00 PM to 3:30 PM

Cost \$10 per session or buy 10 sessions for \$80

*Call 780 808 5006

For more information and register

Description of the Program:

Yoga is an extremely beneficial activity for those living with effects of Parkinson Disease. It helps to increase flexibility; improve posture, loosens tight painful muscles. Helps with movement, deeply relaxes the body, stills the mind and enhances quality of life.

During this class Dale will use adapted yoga positions tailored to your ability and comfort. Dale has been teaching these sessions for many years and encourages participants to go at pace that works best for them. Her classes are supportive and relaxing; the benefits unlimited.



Exercise with Friends – Lloydminster

**Every Monday, Wednesday and Friday
9:00 AM to 10:00 AM**

Cost: \$3.00 for non-members, \$2.00 for members.

Option \$30.00 yearly membership

**Location: The Legacy Centre – 5101 46 Street,
Lloydminster**

Description of the Program:

Come enjoy a coffee, music begins at 9:30 AM

You can walk; do weights or some mat exercises at your own pace.

You do not have to register or commit, this is a drop in program.

Come out and have some fun, get some exercise and meet some new friends.



Sound Meditation – Lloydminster

Tara Harty – Hart and Soul Essentials

Wednesdays

(exception October 24, 2018)

2:30 PM

Cost: \$7.50

Call 780 808 5006

for more information and to register

Description of the Program:

Sound mediation is based on the principle of “sympathetic resonance” this means the vibration and frequency of the sounds naturally bring everything in its surrounding to the same state of harmony. This brings the physical body, mind and emotions into a state of stability, harmony and health. Some benefits that are possible from sound mediation are; elimination of stress, induces complete relaxation, promotes deep meditation, relieves anxiety, releases physical pain, decreases depression, unlocks blocked emotions and relieves insomnia.