



GRANDE PRAIRIE AND NORTHWESTERN REGION Program Calendar January – March, 2019

Appointments Welcome:

If you would like to visit our Client Service Coordinator for a one on one appointment or have a tour of our office, please call ahead and book an appointment with Shauna Livesey at 780-882-6640.

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 Grande Prairie 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 your Region. For more information call 780-882-6640.

<p>Grande Prairie 2:00pm – 3:30pm 2nd Wednesday of the month Grande Prairie Care Centre, 9705 94 Ave</p> <p>Please note we do not run support groups over the summer, July/August.</p>	<p><small>ALBERTA RETIRED TEACHERS</small> Charitable FOUNDATION Tele-Support Group – 3rd Thursday of the month 10:00am – 11:00am</p> <p>Parkinson Plus (MSA, PSP, CBD, Lewy Body) 10:00am – 11:00am</p>
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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.

PROGRAMMING

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.**

Below is a list of programs that we will be offering throughout July to September. Our most up-to-date offerings are available anytime on our website. Go to www.parkinsonassociation.ca and click the blue button on the right that says "**GRANDE PRAIRIE**"! 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

Exercise Programs:



PWR! Moves Exercise Program

Session 2

January 8th – March 14th (10 weeks)

Tuesday's and Thursday's

12:45pm - 3:45pm (two groups within this time frame)

Cost: \$140.00

\$165.00 non-members

Location: Eastlink Center, 10, Knowledge Way

Instructors: Sailaja Bayapaneni & Rosanna Clark PT

Program Description: For people with PD this exercise class

**Please note – New participants will take part in a short assessment at the Hospital Rehabilitation department.*

A minimum of 15 participants required. **PRE-REGISTRATION IS REQUIRED 2 WEEKS BEFORE THE DATE!*

Social Programs:



Voice Enhancement Group

<p>April 6th – June 29th Every Tuesday 10:30am Location: Grande Prairie Care Centre, 9705 94 Ave</p> <p>Free to join!</p> <p><i>Programming may change over the summer!</i></p>	<p>Description of the Program: This drop-in program is ran by a trained music therapist where you will work on your vocal cords while having fun and socializing.</p> <p>Contact Kelsi for more information at 780-532- 3525.</p>
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Other Opportunities:

Home Visits

We offer out of office one-on-one if you are not able to come to one of our offices. We can meet in the community or in the comfort of your own home. Please call 780-882-6640 for more information.

Train the Trainer

We will be offering a train the trainer program in the spring of 2019 – stay tuned for more information

Events and Updates:



Parkinson's Perk Coffee Campaign

Our Parkinson's Perk Coffee is now ready for purchase, contact your Client Services' Coordinator to buy a bag today. \$20 per 1lb drip ground bag - \$5 going directly back to the Parkinson Association of Alberta. Our coffee is 70% Indian Roasted Coffee Beans and 30% Decaf beans. It has a rich, full- flavour blend with light notes of nutmeg, molasses and sweet almond.

Order yours today – by calling 780-882-6640.



Step 'n Stride Walk TOTALS

With over 1375 walkers across Alberta, spent the weekend sharing stories, supporting one another, and spreading awareness about Parkinson disease.

Thank you again for stepping up for Parkinson disease!

We look forward to next year's event on September 7th, 2019.

Grande Prairie	\$15,123
Calgary	\$89,128
Camrose	\$24,070
Cochrane	\$27,751
Edmonton	\$110,968
Lethbridge	\$12,695
Lloydminster	\$21,696
Medicine Hat	\$7,983
Red Deer	\$32,211
GRAND TOTAL	\$410,725



Tap'd Out Food + Beverage Festival coming to Grande Prairie!

Join us for the first annual Tap'd Out Food + Beverage Festival! Enjoy events across the province ranging from wine and craft beer tastings to three-course dinners. Each even will tantalize your taste buds with fantastic food and tasty beverages.

For information on sponsorship opportunities, **please contact your regional coordinator.**

Follow us on [Facebook](#), [Twitter](#), and [Instagram](#) for more event dates and details.