



Join walkers in Lloydminster as they support Parkinson Association of Alberta and our mission to make every day better for Albertans affected by Parkinson disease.

As our largest annual fundraising effort, Flexxaire Parkinson Step 'n Stride helps to ensure Parkinson Association of Alberta can continue to provide support, education, advocacy and contributions to research to benefit Albertans.

This is a fun event for the whole family and there is going to be some new excitement this year!

Last year this region raised close to \$22,000 lets beat that this year!
Join us...register today and let's STOP Parkinson Disease!

One-on-One and Family Appointments Welcome:

If you would like to visit our Client Service Coordinator for a one-on-one and/or family 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>Lloydminster – Cancelled until September 23, 2019 2:00pm – 4:00pm 4th Tuesday of the month Southridge Community Church 5701 41 St.</p>	<p>Lloydminster Care Partner – Cancelled until September 9, 2019 10:00am – 11:00am 2nd Monday of the month Southridge Community Church 5701 41 St.</p>
<p>Wainwright - Cancelled until September 10, 2019 2 pm to 4 pm 2nd Tuesday of the month *Please call 780-808-5006 for information</p>	<p>Wainwright Care Partner *Please call 780-808-5006 for information</p>
<p>Bonnyville - Cancelled until September 20, 2019 11:00am - 12:30pm 3rd Friday of the month The Neighbourhood Inn - 5011 66 St. <i>Option to stay for lunch afterwards. Responsible to purchase own lunch.</i></p>	

Tele-Support Groups



If you would rather take part in a support group from the comfort of your own home, we invite you to join our Provincial Tele-Support Group. With the support of Alberta Retired Teachers Charitable Foundation we are happy to offer three (3) types of telephone support groups.

- **Parkinson Disease (General) Tele-Support** - 3rd Thursday of the month - 10:00am – 11:00am
- **Parkinson’s Plus (MSA, PSP, CBD, Lewy Body) Tele-Support** - 4th Thursday of the month - 10:00am – 11:00am
- **Care Partners Tele-Support** - 3rd Wednesday of the month - 6:30pm – 7:30pm

Call Parkinson Association of Alberta for more information or to registration at **1-800-561-1911** or you can email info@parkinsonalberta.ca . **You must pre-register before each monthly group.**

[PD Helpline – 1-877-243-9992](tel:1-877-243-9992)

Parkinson Association of Alberta's PD Helpline is a toll-free, confidential service for Albertans affected by Parkinson disease (PD) as well as their healthcare providers. Your call is our priority and will receive immediate or same-day response. We're here to meet the information needs of Albertans living with Parkinson disease and those who care for them.



PROGRAMS

Parkinson Association of Alberta offers a wide variety of programming for people with Parkinson disease, their care partners, families and health care professionals. Below is a list of programs that we will be offering from January to March. Our most up-to-date offerings are available anytime on our website. Go to parkinsonassociation.ca and click the blue button on the right that says “LLOYDMINSTER”! You will find these icons beside each program listing below.



PD & the Arts



PD & Education



PD & Movement



PD & Social

If you have any questions or require any further information on programming please call (780-808-5006) or email (sbowergagne@parkinsonassociation.ca) the Lloydminster Office.



Voice and Movement - Lloydminster

<p>Mondays 10:00am – 11:00am (stat. holidays program will be cancelled) Cost: FREE Lloydminster: Southridge Community Church 5701 - 41 St</p>	<p>Come strengthen your voice, improve your balance, flexibility, make some new friends and have fun! After the session we gather for coffee at McDonald’s on Highway 16 west at 11:30 AM</p>
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Coffee Crew - Lloydminster

<p>Mondays 11:30 am (stat. holidays program will be cancelled) Cost: responsible for your own purchase McDonald’s on Highway 16 West – 11:30 AM</p>	<p>After the session we gather for coffee, laughter and friendship.</p>
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Voice and Movement - Wainwright

2nd Tuesday of the month
2:00pm - 3:00pm
Cost: Free

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



Voice and Movement – Bonnyville

3rd Friday of the month
10:00am – 11:00am
Cost: FREE
Bonnyville: The Neighbourhood Inn - 5011-66 St

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



Raise Your Voice in Song – Lloydminster

Tuesdays
1:30pm – 2:30pm
Cost: free
Lloydminster: Hemstock - 4202- 54 Ave

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.



Walking Club – Lloydminster

Wednesdays
9:30am – 10:30am
Cost: Free for seniors
Lloydminster: Servus Sports Centre, 5202 12 St

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.

****Indoor shoes are required, no outdoor shoes allowed.***



Seniors Swim and Water Aerobics – Lloydminster

Mondays, Wednesdays, Fridays

8:30am - 9:15am

Cost: Seniors 60 and up \$4.75

Under age of 60 - 10X pack \$58.50

Lloydminster: Bio-Clean Aquatic Centre

Contact Bio-Clean Aquatic center for more information – 780-875-4497

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

Tuesdays (2 options to choose from)

10:00am - 11:30am

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

Lloydminster: Serenity Yoga 4419 - 52 Ave

OR

2:00pm – 3:30pm

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

Lloydminster: Serenity Yoga 3201 55A Ave
HWY 17 South - between Fabutan and Karate studio

Yoga is an extremely beneficial activity for those living with effects of Parkinson's. It helps increase flexibility; improve posture, and loosen tight muscles. It can also relax the body and still the mind which can also enhance quality of life.

Instructor, Dale Foss, will use adapted yoga positions tailored to your ability and comfort.



Exercise with Friends – Lloydminster

Mondays, Wednesdays and Fridays

9:00am - 10:00am

Cost: \$2.00/class for members, \$3.00/class for non-members. Option \$30.00 yearly membership

Lloydminster: The Legacy Centre – 5101 46 St

Come enjoy a coffee, music begins at 9:30am. 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.