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VIRTUAL SUPPORT

Our team is available for one-on-one and family support, resources, and information through Zoom & telephone.

For more information call
1-800-561-191



**Our offices will be closed
JANUARY 1ST & FEBRUARY 15TH**

MONDAY MOTIVATION

Each Monday join us in an exercise program you can do at home. We'll connect you with our instructors as well as programs from our friends across the globe! Click the link in the description to participate live. We are happy to share recorded versions after the program on PAA's YouTube channel.

https://www.youtube.com/playlist?list=PLdDSc_rwIEwF8Smd6pZGR2uUs8ufe7sdR

Strength Training – Shalaine Sedres

Monday, January 11 at 10:00 am

<https://www.facebook.com/ParkinsonAssociationofAlberta/>

https://www.youtube.com/channel/UC2NpNHP1dFG7ngJN63Df_vg?view_as=subscriber

Join Shalaine Sedres for 15-minutes of exercise targeted at strength training and maintaining muscle mass. The session includes a warm-up, arm circuit, leg circuit and cool down. You will need a sturdy chair and set of weights or household items that can be used as weights (e.g. cans).

Gentle Exercise – Scott Andrews

Monday, January 18 at 10:00 am

<https://www.facebook.com/ParkinsonAssociationofAlberta/>

https://www.youtube.com/channel/UC2NpNHP1dFG7ngJN63Df_vg?view_as=subscriber

Join Scott Andrews a fitness instructor specializing in chronic conditions for a gentle exercise program. Please have a chair available and one medium weight dumbbell or a heavy item that you can safely exercise with at home.

PD & Exercise – Connie Harrison

Monday, January 25 at 10:00 am

<https://www.facebook.com/ParkinsonAssociationofAlberta/>

https://www.youtube.com/channel/UC2NpNHP1dFG7ngJN63Df_vg?view_as=subscriber

Join PWR! trained physiotherapist Connie Harrison for a low – moderate intensity class. Please wear comfortable clothing and have a sturdy chair.

FOLLOW US ON YOUTUBE

Follow us on YouTube for FREE access to PD exercise, relaxation, educational webinars and more! Follow: Parkinson Association of Alberta



MONDAY MOTIVATION

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https://www.youtube.com/playlist?list=PLdDSc_rwlEwF8Smd6pZGR2uUs8ufe7sdR

PWR!Moves – Justin Rempel

Monday, February 1 at 10:00 am

<https://www.facebook.com/ParkinsonAssociationofAlberta/>

https://www.youtube.com/channel/UC2NpNHP1dFG7ngJN63Df_vg?view_as=subscriber

Join Justin Rempel for a PD specific, PWR!Moves exercise session, suitable for a wide range of fitness levels. Be sure to have any required assistive devices such as a chair or walker with you to help with balance.

Seated Exercises – Shalaine Sedres

Monday, February 8 at 10:00 am

<https://www.facebook.com/ParkinsonAssociationofAlberta/>

https://www.youtube.com/channel/UC2NpNHP1dFG7ngJN63Df_vg?view_as=subscriber

Join Shalaine Sedres for a quick 15-minute set of seated exercises. The session includes a warm-up, flexibility, core strengthening and a cool down. You will need a sturdy chair and plenty of space! If you want to make the exercises more difficult, you will need an exercise band and set of weights. This session is perfect for those who need a low impact seated exercise routine.

Circuit – Paul Wallace

Monday, February 22 at 10:00 am

<https://www.facebook.com/ParkinsonAssociationofAlberta/>

https://www.youtube.com/channel/UC2NpNHP1dFG7ngJN63Df_vg?view_as=subscriber

Join Paul Wallace for a moderate to high impact exercise session! Get in a full-body workout as you train your body and your mind to work better. This session is designed for those with little to no balance issues who can repeatedly get up and down from the floor.

FAMILY DAY
MONDAY, FEBRUARY 15

PROVINCIAL ZOOM PROGRAMMING

To register please call 1-800-561-1911 or email info@parkinsonassociation.ca.

Classes will be held over Zoom. The Zoom meeting information will be shared via email after payment is made.

Payments for classes can be made over the phone via credit card or through e-transfer at accounting@parkinsonassociation.ca. Please include your full name, phone number and email in the message of your e-transfer.

Drop-in rates available; please call 1-800-561-1911 for more information. The drop-in fee must be paid by **4:30pm the day before** the class date to participate.

Circuit Exercise – Paul Wallace Personal Trainer & Corrective Exercise Specialist

Jan 12 – Feb 25

Tues/Thurs from 9:30 – 10:30 am

\$105 members | \$115 non-members

For this class you should be able to:

- Get up and down from the floor quickly and independently
- Complete exercises on 2 legs without losing balance

This is a high intensity class. Should you have questions about if this class is suitable for you, please contact your Client Services Coordinator.

*Minimum 9 – Maximum 15

PD & Exercise – Paul Wallace Personal Trainer & Corrective Exercise Specialist

Jan 12 – Feb 25

Tues/Thurs from 11:00 am – 12:00 pm

\$105 members | \$115 non-members

This moderately challenging class is designed to help you move better and feel more energetic. Remember to wear comfortable clothing and have water close by.

*Minimum 9 – Maximum 12

Thinking, Memory and Concentration

Jan 22 – Feb 26

Fridays from 1:30 – 3:00 pm

\$20 members | \$30 non-members

This program provides clients with the opportunity to be mentally active in a non-judgmental, social setting. Just like our muscles, we need to engage our brains in order to keep them healthy. This 6-week program will offer you the opportunity to train your cognitive skills in a supportive virtual environment. The cognitive skills of interest will include concentration, attention, reasoning, creativity, and the various forms of memory. Materials for program will be mailed.

*Minimum 5 – Maximum 15

REGISTRATION DEADLINE: Friday, January 15

PROVINCIAL ZOOM PROGRAMMING

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Payments for classes can be made over the phone via credit card or through e-transfer at accounting@parkinsonassociation.ca. Please include your full name, phone number and email in the message of your e-transfer.

Drop-in rates available; please call 1-800-561-1911 for more information. The drop-in fee must be paid by **4:30 pm the day before** the class date to participate.

1:1 Zoom Tutorials

Anytime Monday - Friday

Free!

If you are interested in learning more about using this tool to access PAA's programs and services or to connect with family and friends virtually, call us toll-free at 1-800-561-1911 or send an email with your name and phone number to edmreception@parkinsonassociation.ca

Parkinson's Singing with Brian Farrell – Vocal Coach & Mentor

Jan 13 – Feb 24

Wednesdays from 1:00 – 2:15 pm

\$55 members | \$65 non-members

Brian Farrell is an established vocal coach for everyone from award-winning musicians and successful CEO's to well-known presenters and personalities through the power of music. Research indicates that singing can help improve speech and voice challenges commonly associated with Parkinson Disease. Brian inspires participants through singing, humorous stories and movement. Singing experience not required. There will be 15 minutes after each session for socialization.

* Minimum 13

Social Singing

Jan 15 – Feb 26

Fridays from 10:00 – 11:30 am

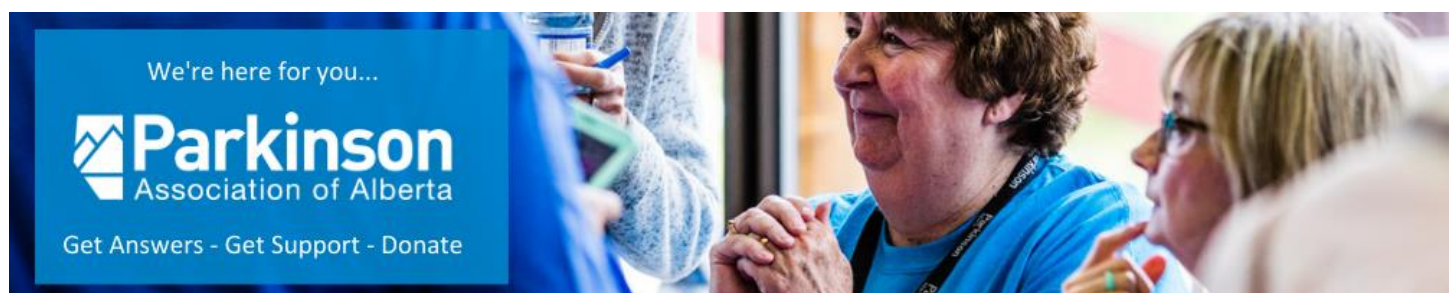
FREE!

This YouTube led drop-in program focuses on building relationships while keeping your vocal cords active! Enjoy your favorite songs while making new social connections. No singing skill required.

<https://zoom.us/join>

Meeting ID: 851 7594 3451

Password: 370614



PROVINCIAL ZOOM PROGRAMMING

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Canvas and Coffee – Megan Lange

Monday, February 22

1:30 pm

\$5 for Class (if you have supplies) | \$25 for Supplies + Class

Grab a mug of coffee and join Megan Lange for an afternoon art class. She will walk you through the steps of creating a beautiful acrylic painting. No painting experience is necessary. Supplies can be mailed to you if you do not have any. If you already have painting supplies or wish to purchase your own, please contact aploof@parkinsonassociation.ca or call 780-425-6400 for the required supplies list.

Alberta Healthy Living Programs

These Alberta Healthy Living programs are open **Alberta-wide online**. To register follow the steps below:

- 1) Click this link: <https://app.booking.ca/ahlp Calgarypub/courses/index.asp>
- 2) Click “**Parkinson disease**” then find the course you would like to register for, and click “**Register Now**”
- 3) Login or create an account to register for the program. If you need assistance, contact 1-800-561-1911.

Parkinson’s 101

Wednesday, Feb 10

10:00 am – 12:00 pm

FREE!

In this class, Karen Hunka will cover the basics of Parkinson Disease including how symptoms of Parkinson Disease are managed, treatment options, and available community resources. This class is intended for individuals diagnosed with Parkinson’s, their care partners, families and support community.

Parkinson’s Medication Information – Alberta Healthy Living

Wednesday, Feb 24

1:00 – 3:00 pm

FREE!

This 2-hour class, with Karen Hunka, provides an overview of Parkinson’s medications and why they are prescribed. This class is intended for individuals diagnosed with Parkinson’s, their care partners, families or support community.

SUPPORT GROUPS

For information on how to join any group please call **1-800-561-1911** or contact your Client Services Coordinator.

ALBERTA (ZOOM/CALL-IN ONLY) 1-800-561-1911	
1 st Tuesday – DBS/Duodopa	1:00PM
1 st Thursday – Widows/Widowers	9:30AM
2 nd Wednesday – Under 55	7:00PM
3 rd Thursday – General Parkinson's	10:00AM
3 rd Saturday – Parkinson's Plus	12:00PM
CALGARY REGION 403-243-9901	
AIRDRIE	
3 rd Tuesday	10:00AM
CALGARY	
1 st Tuesday – Northwest	10:00AM
1 st Thursday – Northeast	10:00AM
2 nd Tuesday – Southeast	10:00AM
3 rd Tuesday – Care Partners	1:30PM
3 rd Thursday – Southwest	10:00AM
4 th Tuesday – Southeast	10:00AM
4 th Tuesday – Young Onset	7:00PM
CANMORE	
2 nd Thursday	1:30PM
COCHRANE	
2 nd Thursday	10:00AM
NANTON/HIGH RIVER	
4 th Thursday	10:00AM
STRATHMORE	
1 st Thursday	1:30PM
EDMONTON REGION 780-425-6400	
CAMROSE	
2 nd Wednesday	3:30PM
EDMONTON	
1 st Wednesday – South	1:00PM
1 st Thursday – Care Partners	10:00AM
3 rd Wednesday – Central	7:00PM
FORT SASKATCHEWAN	
4 th Tuesday	1:00PM
LEDUC	
4 th Tuesday	6:30PM
PARKLAND (Spruce Grove/Stony Plain)	
4 th Thursday	10:00AM
SHERWOOD PARK	
2 nd Tuesday	1:00PM
ST ALBERT	
3 rd Tuesday	10:00AM

EDMONTON REGION...continued 780-425-6400	
WESTLOCK	
Last Monday (Nov, Jan, Apr)	1:30PM
WHITECOURT	
3 rd Thursday (Nov, Jan, Apr)	1:00PM
GRANDE PRAIRIE REGION 780-882-6640	
GRANDE PRAIRIE	
2 nd Wednesday	2:00PM
4 th Wednesday – Care Partners	11:00AM
LETHBRIDGE REGION 403-317-7710	
LETHBRIDGE	
3 rd Thursday	2:00PM
LETHBRIDGE (ZOOM/CALL-IN ONLY)	
2 nd Thursday	2:00PM
LLOYDMINSTER REGION 780-808-5006	
BONNYVILLE	
3 rd Tuesday	10:30AM
LLOYDMINSTER	
2 nd Monday - Care Partners	10:00AM
4 th Tuesday	2:00PM
VERMILION	
2 nd Tuesday	1:00PM
MEDICINE HAT REGION 403-526-5521	
MEDICINE HAT	
4 th Thursday	1:30PM
MEDICINE HAT (ZOOM/CALL-IN ONLY)	
2 nd Thursday	2:00PM
RED DEER REGION 403-346-4463	
CARE PARTNER (ZOOM/CALL-IN ONLY)	
3 rd Thursday	2:00PM
CASTOR	
4 th Tuesday (Feb, Apr, Jun, Aug, & Oct)	1:30PM
LACOMBE	
4 th Wednesday	10:00AM
OLDS	
2 nd Wednesday	1:30PM
RED DEER	
3 rd Wednesday	10:00AM
ROCKY MOUNTAIN HOUSE	
2 nd Thursday (Jan, Mar, May, Sep, Nov)	2:00PM
THREE HILLS	
1 st Wednesday (Feb, May, Aug & Nov)	1:30PM