



## 2017 Flexxaire Parkinson Step 'n Stride

**September 9, 2017 - Edmonton:** Rundle Park, ACT Centre  
9:00AM - 1:00PM

**September 10, 2017 - Camrose:** Mirror Lake - 5402 48 Ave  
1:00PM – 4:00pm

This September join us, and over a thousand other individuals, their families and teams across the province as we gather to make a difference in the lives of Albertans affected by Parkinson's. For more information about this event, you may visit our website at [www.parkinsonalberta.ca](http://www.parkinsonalberta.ca), visit our office at 11209 - 86 St. Edmonton or call us at 780-425-6400.

### **Appointments Welcome!**

If you would like to visit our Client Service Coordinators for a one on one appointment or have a tour of our office, please call ahead and book an appointment at 780-425-6400.

### **Memberships:**

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 Service Coordinator staff to find out more.

As many of you are aware, we said goodbye to Susan Skaret in July. While we will all miss her, her generous spirit and incredible laugh; we want to assure you that we are still here to provide you with the support, service and hopefully laughter you've come to know and depend on. If you did not get a chance to say goodbye to Susan, we are happy to let you know that she will be in attendance at both the Edmonton and Camrose Step 'n Strides! So be sure to get your team together and come join us at the Walk!!

You may notice that there are some programs that have a "TBA" in the date, time or cost. We encourage you to still preregister as we finalize these programs.

**Please note that Parkinson Association of Alberta will be closed December 25, 2017 – January 2, 2018.**



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 an invaluable 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 780-425-6400.

**\*Note – Due to winter season the December Support Group may be another date!**

<p><b>Camrose</b> 3:30pm – 5:30pm 2nd Wednesday of the month St. Andrew’s Anglican Church, 4713 50 St. Sept 6 / Oct 11 / Nov 8 / Dec 13</p>	<p><b>Parkinson Plus</b> <b>PSP, MSA, CBD, Lewy Body</b> 10:00am – 11:00am PAA Edmonton Office, 11209-86 St. Oct 12 / Dec 14</p>
<p><b>Care Partners</b> 9:30am – 11:30am 1st Thursday of the month PAA Edmonton Office, 11209-86 St. Sept 7 / Oct 5 / Nov 2 / Dec 7</p>	<p><b>Parkland</b> 6:30 pm – 8:30 pm 4th Thursday of the month Rehoboth Ministries, 3920 – 49 Ave, Stony Plain Sept 28 / Oct 26 / Nov 23</p>
<p><b>Edmonton Central</b> 7:00pm – 9:00pm 3rd Wednesday of the month PAA Edmonton Office, 11209-86 St. Sept 20 / Oct 18 / Nov 15 / Dec 20</p>	<p><b>Sherwood Park</b> 1:00pm – 3:00pm 2nd Tuesday of the month Bethel Lutheran Church, 298 Bethel Dr. Sept 12 / Oct 10 / Nov 14 / Dec 12</p>
<p><b>Edmonton North</b> 10:00am – 11:30am 3<sup>rd</sup> Friday of the month Shepherd’s Care, 12603 135 Ave, Edmonton Sept 15 / Oct 20 / Nov 17 / Dec 15</p>	<p><b>St. Albert</b> 10:00am – 12:00pm 3rd Tuesday of the month St. Albert 50+ Club, 7 Tache St. Sept 19 / Oct 17 / Nov 21 / Dec 19</p>
<p><b>Edmonton South (Rutherford)</b> 1:00 pm – 3:00 pm 1st Wednesday of the month Rutherford Heights, 949 Rutherford Rd. Sept 6 / Oct 4 / Nov 1 / Dec 6</p>	<p><b>Young Onset</b> <b>(50 years and under)</b> 6:30pm – 8:30pm PAA Edmonton Office, 11209-86 St. Oct 25 / Dec 13</p>
<p><b>Fort Saskatchewan</b> 1:00pm – 3:00pm, 4<sup>th</sup> Tuesday of the month Pioneer House, 10102 -100 Ave. Sept 26 / Oct 24 / Nov 28 / Dec 19</p>	<p><b>Westlock</b> 1:30pm – 3:30pm Last Monday of the month Room 140, Provincial Bldg. 2, 10003 – 100<sup>th</sup> St. Sept 25 / Oct 30 / Nov 27 / Dec 18</p>
<p><b>Leduc</b> 6:30pm – 8:30pm 4<sup>th</sup> Tuesday of the month Telford House, 4907 46 St. Sept 26 / Oct 24 / Nov 28 / Dec TBA</p>	<p><b>Tele-Support Group</b> 10:00am – 11:00am 3<sup>rd</sup> Thursday of the month Call 1-800-561-1911 for information or to register Sept 21 / Oct 19 / Nov 16 / Dec 21</p>

# PROGRAMMING

Below is a list of programs that we will be offering throughout September – December 2017. We continue to strive to run cost-effective and easily accessible programs. However, there have been times where we have struggled to keep the registration fees low or have had to cancel classes because of lack of payments. For this reason **we are now requesting that all payments are made at the time of registration**. Payments can be made over the phone or in person. **We will accept post-dated cheques** for programs. Our contracts require that we provide the facilitator with one week's notice of cancellation. Registration for these programs will be accepted on a first-come, first-serve basis. Simply call the office at 780-425-6400, unless otherwise indicated in the program calendar. Just a reminder that our most up-to-date offerings are available anytime on our website. Visit our website [www.parkinsonalberta.ca](http://www.parkinsonalberta.ca) and click the blue button on the right that says "EDMONTON"! 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

## Education Programs:



### Speaker Series: Does Outpatient Palliative Care Improve Patient-Centred Outcomes in Parkinson Disease?

September 8, 2017 - Friday

Edmonton: PAA Edmonton Office, 11209-86 St.

10:00am – 12:00pm

Cost: Free

Palliative care involves looking at all symptoms of Parkinson disease including: pain, caregiver distress, loss of hope in either the patient or family and using a team to work with you to find solutions. Palliative care approaches can be used AT ANY TIME of an illness to provide patient-centered care.

**Presenters:** Dr. Miyasaki completed her medical school, residency and fellowship in Movement Disorders at the University of Toronto. She also completed a Masters in Education, Theory and Policy in Higher Education at the Ontario Institute for Studies in Education and the University of Toronto. Her area of interests are clinical trials, evidence-based medicine and palliative care. She is currently on the Board of Directors for the American Academy of Neurology and an officer of the Pan-American Section of the Movement Disorders Society. She joined the University of Alberta as an Associate Professor in 2014.



### Speaker Series: Parkinson's and Cognition

October 4, 2017 - Wednesday

Edmonton: PAA Edmonton Office, 11209-86 St.

10:30am – 12:30pm

Cost: Free

Dr. Camicioli will be speaking on the prevalence and incidence of cognitive impairment and dementia in Parkinson's disease. He will cover risk and protective factors as well as why it is so important to recognize and prepare for cognitive change.

**Presenters:** Dr. Camicioli completed his undergraduate education at Queen's University in Kingston, Ont., and his medical education at McGill University in Montreal. After completing a neurology residency at McGill, he obtained postgraduate research training in geriatric neurology and in movement disorders at Oregon Health Sciences University in Portland, Oregon.

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He then assumed a faculty position as Assistant Professor in the movement disorders group at Oregon Health Sciences University until 2000 when he moved to the University of Alberta, initially as an Associate Professor in the Division of Neurology. He is currently a Professor and Interim Director of the Movement Disorders Program. His major research interests relate to neuroimaging and the brain changes associated with impaired cognition in patients with movement disorders.



## Speaker Series: PD & Massage

**November: TBD**

**Edmonton:** PAA Edmonton Office, 11209-86 St.

10:00am – 12:00pm

**Cost:** Free

**\*Mark your calendar and Pre-register for this Speakers Series. More details to come!**



## Webinar: Nutrition and Weight Management

**September 12, 2017 – Tuesday**

**Edmonton:** PAA Edmonton Office, 11209 - 86 St.

11:00 am – 12:00pm

**Cost:** Free

Learn more about nutrition and weight management in Parkinson's by joining a one-hour Parkinson's Foundation online seminar led by Eric Duda, M.D., Associate Professor of Neurology, University of Pennsylvania, Parkinson's Foundation Center of Excellence and Director, Parkinson's Disease Research, Education and Clinical Center, Corporal Michael J. Crescenz VA Medical Center. Registration will open in the fall.

**\*Register in advance to secure your spot to watch and also receive reminders to tune in!**

To watch this from the comfort of your own home go to: [http://www.pdf.org/parkinson\\_briefing\\_nutrition17](http://www.pdf.org/parkinson_briefing_nutrition17)



## Webinar: How to Triumph over Taxes, for Caregivers, Seniors and Persons with Disabilities

**October 10, 2017 – Tuesday**

1:00pm – 2:00pm

**Cost:** Free

While finances can be a major concern when faced with disease, there are ways to lighten that load. It's important to keep well-informed and know what condition-specific resources are available in your region. Presented by Janet Avery, Canada Revenue Agency, this webinar will provide tax information to help seniors, persons with disabilities and caregivers get the most out of their money.

**2017 Archived webinar**

**\*Register in advance to secure your spot to watch and also receive reminders to tune in!**

To watch this from the comfort of your own home go to: <https://thecaregivernetwork.ca/event/triumph-over-taxes-caregivers-seniors-persons-with-disabilities/>



## Webinar: Depression and PD: Treatment Options

**November 21, 2017 – Tuesday**

**Edmonton:** PAA Edmonton Office, 11209-86 St.

11:00am – 12:00pm

**Cost:** Free

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Learn more about depression in Parkinson's by joining a one-hour Parkinson's Foundation online seminar in recognition of National Family Caregivers Month. It will be led by Roseanne D. Dobkin, Ph.D., Associate Professor of Psychiatry, Rutgers, The State University of New Jersey, Robert Wood Johnson Medical School. Registration will open in the fall.

**\*Register in advance to secure your spot to watch and also receive reminders to tune in!**

To watch this from the comfort of your own home go to: [http://www.pdf.org/parkinson\\_briefing\\_depression17](http://www.pdf.org/parkinson_briefing_depression17)

## Exercise Programs:

# AVENUE BOXING CLUB



## PD & Boxing *(In partnership with Avenue Boxing)*

<p><b>Session 1</b>  <b>October 2 – November 13 (6 Weeks)</b>  <b>Mondays and Wednesdays</b>            9:30am - 11:00am  <b>Cost:</b> \$150 members            \$160 non-members  <b>Edmonton:</b> Avenue Boxing Club            8812 – 118 Ave  <b>Instructors:</b> Gaspar Bonomo, Boxing Coach  <b>Payments made at PAA office</b>  <b>*No class October 9<sup>th</sup></b></p>	<p><b>Session 2</b>  <b>November 15 – December 27 (6 Weeks)</b>  <b>Mondays and Wednesdays</b>            9:30am - 11:00am  <b>Cost:</b> \$150 members            \$160 non-members  <b>Edmonton:</b> Avenue Boxing Club            8812 – 118 Ave  <b>Instructors:</b> Gaspar Bonomo, Boxing Coach  <b>Payments made at PAA office</b>  <b>*No class December 25<sup>th</sup></b></p>	<p><b>Optional Friday</b>            9:30am – 11:00am  <b>Cost:</b> \$75  <b>Edmonton:</b> Avenue Boxing Club            8812 – 118 Ave  <b>*Please note!</b>            In order for this class to take place the Monday and Wednesday class must be fully filled. When registering let the receptionist know if you're interested in the extra Friday class.</p>
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For people with PD this boxing class will focus on fast action exercises to build strength, power, flexibility and balance. A \$10 annual membership to Boxing Canada is required and may be purchased at the club along with gloves and hand wraps at \$42

*\*Please note – New participants will take part in a short assessment at the boxing club.*

*\*A minimum of 12 participants required, maximum of 14 participants.*



## PD & Chair Yoga

<p><b>Session 1</b>  <b>September 14 – November 2 (8 weeks)</b>  <b>Thursdays</b>            10:00am – 11:00pm  <b>Cost:</b> \$50 members, \$60 non-members  <b>Edmonton:</b> PAA Edmonton Office 11209-86 St.</p>	<p><b>Session 2</b>  <b>November 9 – December 21 (7 weeks)</b>  <b>Wednesdays</b>            10:00am – 11:00pm  <b>Cost:</b> \$50 members, \$60 non-members  <b>Edmonton:</b> PAA Edmonton Office 11209-86 St.</p>
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Join us for our adaptive chair yoga program. This program provides participants with an opportunity to help build their endurance, strength, and flexibility!

*\*This program needs a minimum of 8 participants to run.*

**Instructor:** Sean Giroux is a second generation yogi, comes highly recommended and has co-authored two books, Yoga with Linda and Sean and Gentle Yoga. Sean has completed advanced I.S.T.D and Ceccetti syllabus and holds a degree in dance as well as certifications in M.O.C. Bar, Hatha, Flow, Power, Prenatal, Kundalini yoga. Sean is a level 2 gymnastic coach, level 3 Raqs Sharqi (belly dance) and a mat works Pilate's instructor and personal trainer. Sean Teaches full time and is professional a dancer/ choreography. Sean believes in playfulness, physicality, and theatricality.



## PD & Dance

**September 23, 30, October 14, 21, 28, November 4 (6 weeks)**

**Saturdays**

10:00am -11:00am

**Cost:** \$35 members, \$45 non-members

**Edmonton:** PAA Edmonton Office 11209-86 St.

Dance allows people with Parkinson's to experience the joys of dance while stimulating the connection between mind and body; creatively addressing symptom-specific concerns related to balance, flexibility, cognition, motor skill, depression and physical confidence. If you can walk, you can dance.

*\*This program needs a minimum of 12 participants to run.*

**Instructor:** Charlene Heavener, RN



## PWR!™ (Parkinson Wellness Recovery) – Level 1, Level 2 & PWR!

### Circuit™

#### Session 1

**September 5 – October 12 (6 weeks)**

**Tuesdays & Thursday**

Moves Level 1: 9:30am – 11:00am

Moves Level 2: 11:15am – 12:45pm

Circuit: 1:00pm – 2:30pm

**Cost:** \$130 members, \$140 non-members

**Edmonton:** PAA Edmonton Office 11209-86 St.

#### Session 2

**October 17 - November 23 (6 weeks)**

**Tuesdays & Thursday**

Moves Level 1: 9:30am – 11:00am

Moves Level 2: 11:15am – 12:45pm

Circuit: 1:00pm – 2:30pm

**Cost:** \$130 members, \$140 non-members

**Edmonton:** PAA Edmonton Office 11209-86 St.

PWR!™ Moves and Circuit is a class designed to help you move better, think faster, feel more confident and energetic. Participants must be able to get onto the ground and up again with minimal assistance.

*\*Minimum 10 participants per class.*

**Instructor:** Margaret Orr. Margaret has been have been a coach in baseball, basketball, and flag football for over 30 years. She is an instructor for the Strathcona County, in both the water and in the gym. Many of you will remember Margaret as she has substituted for Lisa.

Click to watch this PWR! video: <https://www.youtube.com/user/exercise4brainchange>



## Sit, Stand & Strengthen

#### Session 1

**September 11 – October 23 (6 weeks)**

**Mondays & Wednesdays – Large room**

10:30am – 11:30am

**Cost:** \$150 members \$160 non-members

**Edmonton:** PAA Edmonton Office 11209-86 St.

**\*No class: October 9**

#### Session 2

**October 25 – December 4 (6 weeks)**

**Mondays & Wednesdays – Large room**

10:30am – 11:30am

**Cost:** \$150 members \$160 non-members

**Edmonton:** PAA Edmonton Office 11209-86 St.

Start with a beginner exercise class with a focus on sitting exercises to reduce stiffness and improve strength. Practice standing balance, posture and walking tasks that challenge you in a safe environment. Exercises will target specific movement challenges experienced by persons with PD. This class is ideal for those who cannot get down on the floor and participate in PWR Moves.

*\*Minimum of 6 and maximum 8*

**Assessment Fee:** \$30

**Instructor:** Cari Cooke, has over 20 years of experience as a physical therapist and half of those working exclusively with PD clients of all stages.



## Voice Enhancement

<p><b>Date:</b> TBA  <b>Mondays and Wednesdays (4 weeks)</b>  12:00-1:00  <b>Cost</b> TBA  <b>Edmonton:</b> PAA Edmonton Office 11209-86 St.</p>	<p>A creative combination of speech, language and voice therapy skills with singing to help people speak and enhance respiratory conditioning and actually improving breath support, voice quality in the speaking voice.</p>
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**Instructor:** Merrill Tanner is a Registered Speech – Language Pathologist, is LSVT certified and has a Masters of Music in Voice Performance.



## PD & Tai Chi

<p><b>Session 1</b>  <b>September 11 – October 23 (6 weeks)</b>  <b>Mondays</b>  10:00am – 11:00pm  <b>Cost:</b> \$50 members, \$60 non-members  <b>Edmonton:</b> PAA Edmonton Office 11209-86 St.</p>	<p>Dr. Margaret Schenkman, P.T., Ph.D., F.A.P.T.A., Associate Dean for Physical Therapy Education, and Director, Physical Therapy Program, University of Colorado School of Medicine, speaks to falls being directly connected with neck and trunk flexibility and stressed how important Tai Chi and Yoga are in fall prevention as they improve flexibility in those areas.</p>
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*\*This program needs a minimum of 8 participants to run.*

**Instructor:** Andrew Switzer, Tai Chi instructor, Yang Style Push Hands.

## Cognitive Programs:



### Goal Setters

<p><b>November 10 – December 15 (6 weeks)</b>  <b>Fridays</b>  1:00pm – 3:00pm  <b>Cost:</b> \$15 members, \$20 non-members  <b>Edmonton:</b> PAA Edmonton Office 11209-86 St.</p>	<p>Sometimes it’s hard to get motivated and we need encouragement to go forward with day to day living. Whether it’s because of PD, depression, anxiety, apathy, or other health related issues, setting goals and meeting regularly with others can help keep us moving forward.</p>
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### Thinking, Memory and Concentration

<p><b>September 22 – October 27 (6 weeks)</b>  <b>Fridays</b>  1:00pm – 3:00pm  <b>Cost:</b> \$40 members, \$50 non-members  <b>Edmonton:</b> PAA Edmonton Office, 11209-86 St.</p>	<p>This 6 week program will offer you the opportunity to train your cognitive skills in a supportive environment. The cognitive skills of interest will include concentration, attention, reasoning, creativity, and the various forms of memory.</p>
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## Social Programs:



### Circle Drumming with Lucas Coffey

<p><b>August 29, 2017</b>  <b>Tuesday</b>  10:00am – 11:00am  <b>Cost:</b> Free  <b>Edmonton:</b> PAA Edmonton Office, 11209-86 St.</p>	<p>Join others with Parkinson’s for a fun filled atmosphere. Lucas Coffey is a professional drum circle facilitator and the cofounder and executive director of Music Is A Weapon and Rhythm, Rhythm, Rhythm. Drums will be provided.</p>
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## Holiday Potluck

**December 14, 2017**

**Thursday**

11:00am – 1:00pm

**Cost:** Free

**Edmonton:** PAA Edmonton Office, 11209-86 St.

Bring your favorite dish to share with us as we celebrate the holiday season with food, beverages, laughter and joy.



## Social Sing-a-long

**September 1 – December 22, 2017**

**Every Friday**

10:00am – 11:30am

**Cost:** \$2 Drop-in

**Edmonton:** PAA Edmonton Office, 11209-86 St.

This drop-in sing-a-long program is a great way to have fun and keep your vocal chords active. No singing skill required.



## Young Onset / Young at Heart Social

**4th Monday of the month**

**\*Note that dates and times may change**

**Sept 23 (Saturday) / Oct 23 / Nov 27 / Dec 18**

6:30pm – 8:30pm

**Location:** To be determined.

Please call office for details.

Join others with Parkinson's and their Care Partners in a fun filled atmosphere. There are a variety of different activities in various areas of Edmonton that take place once a month. This is welcomed for all those who are young at heart!

## In South Edmonton!



## Rock Steady Boxing *(In partnership with Southside Legion Boxing Club)*

**Mondays & Wednesdays (ongoing)**

10:00am – 11:00am

**Cost:** \$80 monthly

**Edmonton:** 6005 Gateway Blvd.

**Registration:** 780-233-7534

[southside@rsbaffiliate.com](mailto:southside@rsbaffiliate.com)

Training classes, taught by Certified Rock Steady and Boxing Trainers, include an exercise program that attacks PD at its vulnerable neurological points. While focusing on overall fitness, strength training, reaction time and balance, workouts include: ring work, focus mitts, heavy bags, speed bags, double-ended bags, jump rope, core work, calisthenics and circuit weights training. No boxing experience necessary!



## In West Edmonton!



### On Pace with Parkinson's *(In partnership with the West-end Seniors Activity Centre)*

<p><b>Session 1</b>  <b>September 14 – October 26 (6 weeks)</b>  <b>Thursdays</b>                  2:45pm – 3:45pm  <b>Cost:</b> \$45  <b>Edmonton:</b> 9629-176 St  <b>Registration:</b> 780-483-1209  <a href="http://www.westendseniorsactivitycentre.com">www.westendseniorsactivitycentre.com</a>  <i>*No class October 5<sup>th</sup></i></p>	<p><b>Session 2</b>  <b>November 2 – December 14 (6 weeks)</b>  <b>Thursdays</b>                  2:45pm – 3:45pm  <b>Cost:</b> \$45  <b>Edmonton:</b> 9629-176 St  <b>Registration:</b> 780-483-1209  <a href="http://www.westendseniorsactivitycentre.com">www.westendseniorsactivitycentre.com</a>  <i>*No class November 16<sup>th</sup></i></p>
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Have you been diagnosed with Parkinson's and unsure what one can do? Exercise is one of the top prescriptions to help keep people motivated and provide the strength needed to continue enjoying hobbies and opportunities in life. An instructor led workout that delivers exercises best suited to abilities in a progressive manner to keep members moving.

## In Camrose!



### Parkinson's Exercise Program *(In partnership with the Camrose Primary Care Network)*

<p><b>Tuesdays and Thursdays (10 Weeks)</b>  <b>Beginning September 19</b>                  11:00am – 12:15pm  <b>Cost:</b> \$150 members, \$165 non-members  <b>Camrose:</b> Recreation Centre (4512 – 53 Street)  <b>Registration:</b> Camrose PCN 780-608-4927  <b>Instructor:</b> Connie Harrison is a PWR! trained physiotherapist  <a href="http://www.camrosepcn.com">www.camrosepcn.com</a></p>	<p>This Parkinson Exercise Program is a twice weekly group class designed to help you move better, think faster, feel more confident and energetic. Bring a water bottle, floor mat, and walking poles and remember to wear comfortable clothing!</p>
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CAMROSE | BASHAW | DAYSLAND  
 FORESTBURG | HARDISTY | TOFIELD

## In Fort Saskatchewan!



### Parkinson's Pole Walking *(In partnership with Dow Centennial Centre)*

<p><b>September 11 – December 18 (15 weeks)</b>  <b>Mondays</b>                  10:15am – 11:15am  <b>Cost:</b> \$86  <b>Fort Saskatchewan:</b> Dow Centre, 8700 – 84 St.  <b>Registration:</b> <a href="http://www.footsask.ca">www.footsask.ca</a> 780-992-6400                  OR 780-992-6280  <b>Instructor:</b> Trina</p>	<p>Being active is one of the most important things you can do to maintain your physical and mental wellbeing. Studies show that people with Parkinson's need to exercise to prevent the negative effects of inactivity. Walking with poles gives greater stability as well as a boost in the calorie burn by engaging your arms, shoulders and back muscles increasing upper body strength. Gain strength, flexibility and balance by being active</p>
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## Up, Rock, Twist and Step *(In partnership with Dow Centennial Centre)*

<p><b>September 7 – December 14 (15 weeks)</b>  <b>Thursdays</b>  <b>Fort Saskatchewan:</b> Dow Centre, 8700 - 84 Street  2:45pm - 3:45pm  <b>Cost:</b> \$78  <b>Registration:</b> <a href="http://www.fortsask.ca">www.fortsask.ca</a> 780-992-6400  OR 780-992-6280  <b>Instructor:</b> Candace</p>	<p>A research based approach to exercise as medicine for Parkinson's Disease and other movement disorders. Exercises that promote aerobic capacity and motor learning control will be taught in a fun progressive way. The focus will be on large expansive body movements using high effort and sensory awareness. Participants will learn how to use these foundational exercises to target the symptoms that interfere with daily movement.</p>
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## In Sherwood Park!



## BYOB – Build Your Own Balance – **NEW!** *(In partnership with Millennium Place)*

<p><b>October 5 – December 14</b>  <b>Thursdays</b>  10:15am – 11:15am  <b>Cost:</b> \$99 PAA Members  <b>Sherwood Park:</b> Millennium Place 2000 Premier Way  <b>Registration:</b> Contact Terry at 780-416-7234.</p>	<p>This program uses the PWR! Moves series of exercises for people with Parkinson's as its foundation to benefit everyone looking for better balance, stability, strength and mobility, Various exercises are linked together into gradually longer sequences that mimic everyday movement and improve overall function.</p>
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## Fighting Back – Aqua Edition *(In partnership with Millennium Place)*

<p><b>September 15 – October 27 (7 weeks)</b>  <b>Fridays</b>  10:00am – 11:00am  <b>Cost:</b> \$59.50 PAA  <b>Sherwood Park:</b> Emerald Hills Leisure Centre  3555 Emerald Drive</p>	<p><b>November 3 – December 15 (7 weeks)</b>  <b>Fridays</b>  10:00am – 11:00am  <b>Cost:</b> \$59.50  <b>Sherwood Park:</b> Emerald Hills Leisure Centre  3555 Emerald Drive</p>
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This warm water exercise program provides a powerful dose of benefits for those with Parkinson's disease including muscle relaxation and reduced stiffness. Resistance, created by boxing and other movements in the water, will also help improve muscular endurance and strength.

**Registration:** 780-464-2112 or [www.strathcona.ca/emeraldhills](http://www.strathcona.ca/emeraldhills)



## Fighting Back (Exercise program) *(In partnership with Millennium Place)*

<p><b>September 11 – October 23 (6 weeks)</b>  <b>Mondays</b>  10:15am – 11:15am  <b>Cost:</b> \$48 for PAA members  <b>Sherwood Park:</b> Millennium Place 2000 Premier Way  <i>*No class October 9<sup>th</sup></i></p>	<p><b>September 6 – October 25 (8 weeks)</b>  <b>Wednesdays</b>  9:30am – 10:30am  10:45am – 11:45am  <b>Cost:</b> \$64 for PAA members  <b>Sherwood Park:</b> Millennium Place 2000 Premier Way</p>
<p><b>October 30 – December 18 (7 weeks)</b>  <b>Mondays</b>  10:15am – 11:45am  <b>Cost:</b> \$56 for PAA members  <b>Sherwood Park:</b> Millennium Place 2000 Premier Way  <i>*No class November 13<sup>th</sup></i></p>	<p><b>November 1 – December 20 (8 Weeks)</b>  <b>Wednesdays</b>  9:30am – 10:30am  10:15am – 11:15am  <b>Cost:</b> \$64 for PAA members  <b>Sherwood Park:</b> Millennium Place 2000 Premier Way</p>

For people with Parkinson's and other chronic conditions, this boxing and circuit training class will help you battle your symptoms so you feel and function better. With a focus on fast action exercises as well as strength, power and flexibility, this class is designed to enhance quality of life.

**Registration:** Terry at 780-416-7234. A pre-screening form must be completed prior to class commencement. The program is overseen by a Certified Exercise Physiologist and requires *a minimum of 8 participants and a maximum of 16*

**Instructor:** Cori Tremblay, Margaret Orr and Tracy Divencenzo.

## In Spruce Grove and Stony Plain!



### Exercise for Health *(In partnership with the Tri Leisure Centre)*

<p><b>Session 1</b>  <b>September 12 – October 26 (7 weeks)</b>  <b>Tuesdays and Thursdays</b>                  1:15pm-2:15pm  <b>Cost:</b> \$105 Tri Leisure members, \$133 non-members  <b>Spruce Grove:</b> TransAlta Tri Leisure Centre, 21 Jennifer Heil Way                  Contact TLC Wellness Supervisor for more information at 780-948-3218. Registration is available in person, or by phone (780-960-5080). Course # 43495</p>	<p><b>Session 2</b>  <b>November 7 – December 21 (7 weeks)</b>  <b>Tuesdays and Thursdays</b>                  1:15pm-2:15pm  <b>Cost:</b> \$105 Tri Leisure members, \$133 non-members  <b>Spruce Grove:</b> TransAlta Tri Leisure Centre, 21 Jennifer Heil Way                  Contact TLC Wellness Supervisor for more information at 780-948-3218. Registration is available in person, or by phone (780-960-5080). Course #43496</p>
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This specialized exercise program is designed for those with chronic health conditions to help manage symptoms and improve overall physical health through exercise. Featuring instruction and guidance from the TLC's Certified Exercise Physiologist, this program guides you in a safe, small group environment.



### Rock Steady Boxing *(In partnership with the Rock Steady Boxing Spruce Grove)*

<p><b>Mondays, Wednesdays</b>                  1:00pm – 2:30pm  <b>Cost:</b> \$80/month  <b>Spruce Grove:</b> 128 Queen St.  <b>Registration:</b> 780-233-7534  <b>Instructor:</b> John Bourbeau is trained in Rock Steady Boxing.</p>	<p>Training classes, taught by Certified Personal Trainers, include an exercise program that attacks PD at its vulnerable neurological points. While focusing on overall fitness, strength training, reaction time and balance, workouts include: ring work, focus mitts, heavy bags, speed bags, double-ended bags, jump rope, core work, calisthenics and circuit weights training. No boxing experience necessary!</p>
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### Board Games

<p><b>2<sup>nd</sup> Monday of the month</b>  <b>September 11, October 9, November 13, December 11</b>                  1:00pm – 3:00pm  <b>Stony Plain:</b> (FCSS Building) #4613, 52 Ave – 107 Forest Green Plaza</p>	<p>Do you sometimes have difficulty finding the words you want to say? Would you like to have an opportunity to use strategic thinking, challenge your mind and improve your fine motor skills? Speech and Occupational Therapists use board games to practice these skills. Join us for a fun afternoon of learning and playing recommended board games.</p>
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## In St Albert!



### **Boxing for Parkinson's** *(In partnership with Servus Credit Union Place)*

<p><b>September 15 – December 15 (14 weeks)</b>  <b>Fridays</b>                  11:45am – 12:30pm  <b>Cost:</b> \$122.50  <b>St. Albert:</b> Servus Place 400 Campbell Road                  Register online or by calling 780-418-6088  <b>Course #</b> 43319</p>	<p>The goals of this class will be tailored for participants with PD and other neuromuscular issues based on research in the area and developing group exercise programs. The class will learn fundamental movement skills, establish and increase body awareness as well as balance and flexibility. You will increase joint mobility and cardiorespiratory fitness while also building strength and power. This class is open to those with other chronic diseases.</p>
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*\*Please have a Par-Med X or doctor's clearance filled out and completed to bring to the first class.*



### **Foundations for Parkinson's** *(In partnership with Servus Credit Union Place)*

<p><b>Session 1</b>  <b>September 13 – October 25 (7 weeks)</b>  <b>Wednesdays</b>                  10:45am – 11:30am  <b>Cost:</b> \$61.25  <b>St. Albert:</b> Servus Place 400 Campbell Road  <b>Course #</b> 43768</p>	<p><b>Session 2</b>  <b>November 1 – December 13 (7 weeks)</b>  <b>Wednesdays</b>                  10:45am – 11:30am  <b>Cost:</b> \$61.25  <b>St. Albert:</b> Servus Place 400 Campbell Road  <b>Course #</b> 43777</p>
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This class encompasses large functional movements and high effort intensity to challenge and re-train the brain to make you move! Combating against the effects of Parkinson Disease, moving your muscles and creating cognitive challenges for your brain will help you feel better and focus more. This class will help you increase your activity level, aid in better kinesthetic awareness and get your heart rate up all while having fun and meeting new people. This class is not exclusive to those with just Parkinson's disease and is open to other participants with neurological disorders. As a note: Servus Place offers other programs for mobility illnesses that you may join such as Yoga for Myself and Seniors Gentle Yoga.

Click the link for more details: <https://stalbert.ca/apps/PDFGuide/output/servusplaceguide.pdf>

*\* Please have a Par-Med X or doctor's clearance filled out and completed to bring to the first class.*