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Meet Our New Team Members!



JORDAN WIEBE, CLIENT SERVICES COORDINATOR

Jordan is a recent grad from Mount Royal University and excited to be a part of the team! When she's not at work, she's busy outdoors exploring our beautiful backyard. You might just hear her refer to her house as the "funny farm," the nickname she's given her pets at home, which include 2 Great Danes and 3 German Shepherds.



LANCE CORBETT, PROJECT MANAGER, MARKETING, FUND DEVELOPMENT & EVENTS

Lance grew up in central Alberta and has since moved with his family, which includes 3 kids, 2 dogs, 2 cats and a turtle! Prior to joining PAA, Lance worked in the TV industry for many years, and has produced and directed numerous documentaries and a reality series on pet groomers!



CAROLINA GIRON, ADMINISTRATIVE ASSISTANT

Carolina is a recent grad from Algonquin College, recently moved from Toronto and loves the outdoors! When she's not working, she's outside tending to her garden or camping. She loves her animals and has some pretty strange pets, you'll often hear her talking about her snake and gecko.

Donate now

 **Parkinson**
Association of Alberta



The Bayshore Foundation will match your gift 50% until Tuesday, Aug 31
Every dollar directly supports our Parkinson's community

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

Mini Motivation Monday; LSVT Big Floor to Ceiling & Sit to Stand – Lyra Vergara

Monday, July 5 at 10:00 am

<https://youtu.be/w9r-jvEWbos>

Join us to practice big movements and sit to stands; all in less than 5 minutes!

Urban Poling – Mandy Shintani

Monday, July 12 at 10:00 am

<https://youtu.be/G8OC1dK1Jg>

Join us for some dynamic and new seated and standing exercises with poles! Urban Poling/Nordic walking poles aren't just for walking. Using these specialized poles for seated and standing exercise promotes an upright posture, support on both sides of your body, a ledge for core strengthening, and makes exercising more fun!

Mini Motivation Monday; Towel Exercises – Lyra Vergara

Monday, July 19 at 10:00 am

<https://youtu.be/MBpu1MhE5gY>

Do you have 5 minutes? Join us to learn some exercises that you can do using only a towel.

Sit to Stand – Cari Cooke

Monday, July 26 at 10:00 am

<https://youtu.be/sYAxhWuWxXo>

A low impact exercise program suited to those who have a little more difficulty with balance and movement in general. What you need: 2 chairs (preferably 1 with arms), and 2 small hand weights (or 2 full water bottles).



Text to
Donate



Text **HOPE** to 80100
to donate \$10 or \$25 to  Parkinson
Association of Alberta

MONDAY MOTIVATION

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

PWR! Exercises – Lyra Vergara

Monday, August 9 at 10:00 am

https://youtu.be/JnG2tw_FW5g

Join us for a quick 15-minute PWR! Moves workout. This routine will require you to get down on the floor, so have a floor mat ready. You will also need a rubber band and chair.

PD & Exercise – Margaret Orr

Monday, August 16 at 10:00 am

https://youtu.be/MBnQ7_Qbsd8

This moderate workout for your body, voice and mind will help you to gain balance and build strength. An ideal class for those who can get up and down from the floor with no or minimal assistance.

Mini Motivation Monday; Upper Body Stretches – Lyra Vergara

Monday, August 23 at 10:00 am

<https://youtu.be/xpu0H45-VG8>

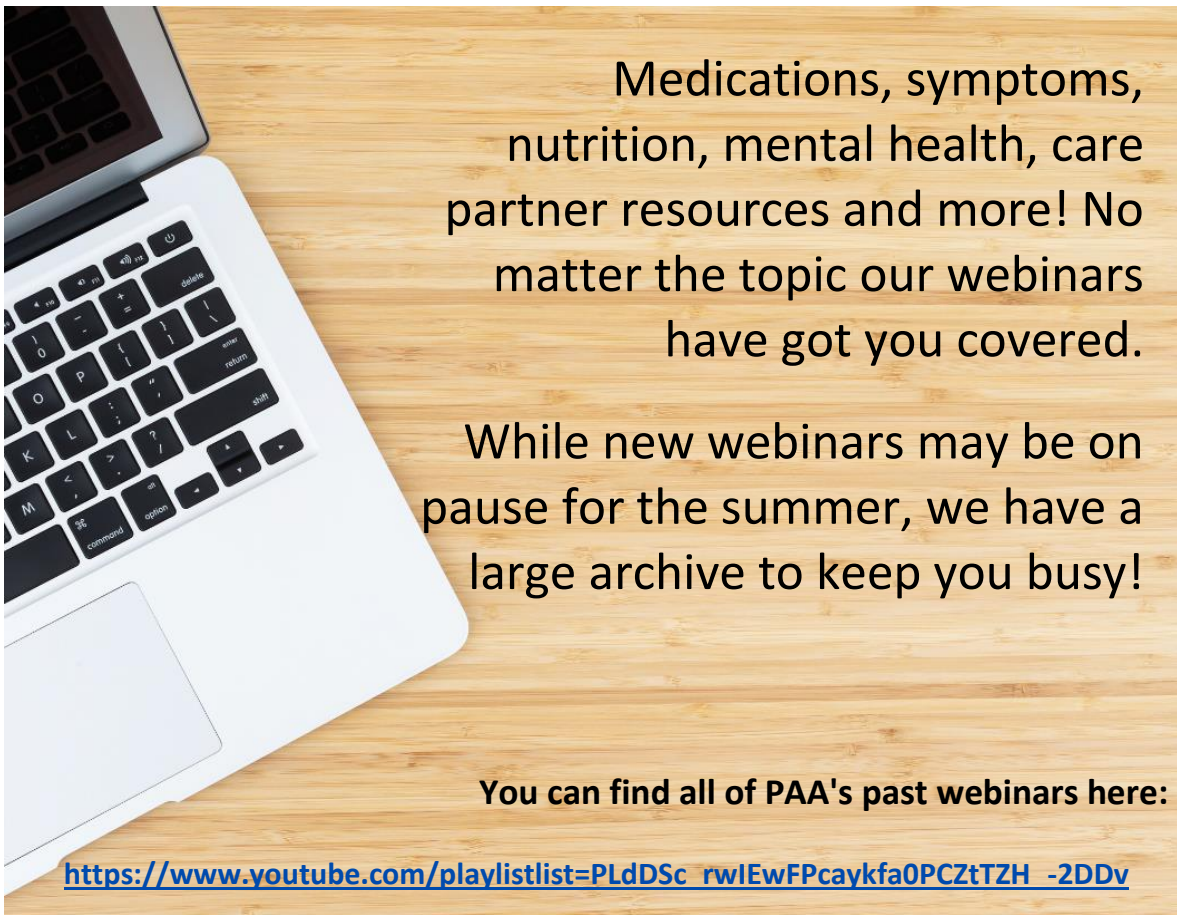
Join us for a set of upper body stretches that you can do every day in less than 5 minutes.

Wellness Exercise – Tonia Wood

Monday, August 30 at 10:00 am

<https://youtu.be/RR5jwZjMMSI>

A low-impact, gentle fitness home workout for older adults!



Medications, symptoms, nutrition, mental health, care partner resources and more! No matter the topic our webinars have got you covered.

While new webinars may be on pause for the summer, we have a large archive to keep you busy!

You can find all of PAA's past webinars here:

https://www.youtube.com/playlistlist=PLdDSc_rwlEwFPcaykfa0PCZtTZH_-2DDv

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.

Social Singing

July 9 – August 27

Fridays from 10:00 – 11:30 am

FREE!

<https://zoom.us/join>

Meeting ID: 847 2200 4962

Password: 417522

Enjoy your favorite songs and sing your heart out while making new social connections. This YouTube led program requires no singing skill or experience to participate.

* No program July 2

PROVINCIAL ZOOM PROGRAMMING

Friday Booster – Paul Wallace Personal Trainer & Corrective Exercise Specialist

July 2 – August 27

Fridays from 11:45 am – 12:30 pm

\$110 members | \$120 non-members

This class will engage your body, brain and voice in a 45-minute workout that is perfect to round out your week! If you are already participating in an exercise program but would like to add an additional day of exercise into your routine, consider joining this class!

*Minimum 6 – Maximum 15

Circuit Exercise – Paul Wallace Personal Trainer & Corrective Exercise Specialist

July 6 – August 31

Tues/Thurs from 9:30 – 10:30 am

\$140 members | \$150 non-members

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

*Minimum 9 – Maximum 15

1:1 Zoom Tutorials

Monday - Friday

Any time!

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

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 Speech & Swallowing – Jenny Pachet, SLP

Monday, August 23

6:15 – 8:15 pm

FREE!

Learn how speech and swallowing can be impacted by Parkinson disease. Topics discussed will include when to see a SLP to help diagnose and treat problems, treatment strategies and research that is being done in the field of speech-language pathology and Parkinson disease.

SUPPORT GROUPS

REMINDER: Advance registration is **required** for each and every Support Group. Support groups may not run if no registrations have been received. **Please note that Support Groups will not run on statutory holidays.** For information on how to join any group please call **1-800-561-1911** or contact your Client Services Coordinator.



As restrictions change, we hope to be able to plan outdoor socials in the coming summer months. Stay tuned and remember that advanced registration will be mandatory

PROVINCIAL (ZOOM/CALL-IN ONLY) 1-800-561-1911	
1 st Tuesday – DBS/Duodopa	1:00PM
1 st Thursday – Widows/Widowers	9:30AM
2 nd Monday – Care Partners AM (new group)	9:30AM
2 nd Wednesday – Under 55	7:00PM
3 rd Thursday – General Parkinson’s	10:00AM
3 rd Thursday – Care Partners PM (new group)	1:30PM
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
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

EDMONTON REGION...continued 780-425-6400	
SHERWOOD PARK	
2 nd Tuesday	1:00PM
ST ALBERT	
3 rd Tuesday	10:00AM
WESTLOCK	
3 rd Thursday (new day & time)	10:00AM
WHITECOURT	
3 rd Thursday (new day & time)	10:00AM
GRANDE PRAIRIE REGION 780-882-6640	
GRANDE PRAIRIE	
2 nd Wednesday	2:00PM
LETHBRIDGE & MEDICINE HAT REGION 403-317-7710 403-526-5521	
LETHBRIDGE	
3 rd Thursday	2:00PM
MEDICINE HAT	
4 th Thursday	1:30PM
SOUTHERN ALBERTA (ZOOM/CALL-IN)	
2 nd Thursday	2:00PM
LLOYDMINSTER REGION 780-808-5006	
BONNYVILLE	
3 rd Tuesday	10:30AM
LLOYDMINSTER	
4 th Tuesday	2:00PM
VERMILION	
2 nd Tuesday	1:00PM
RED DEER REGION 403-346-4463	
CASTOR	
4 th Tuesday (Feb, May, Aug & Nov)	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	
3 rd Thursday (new day & time)	10:00AM