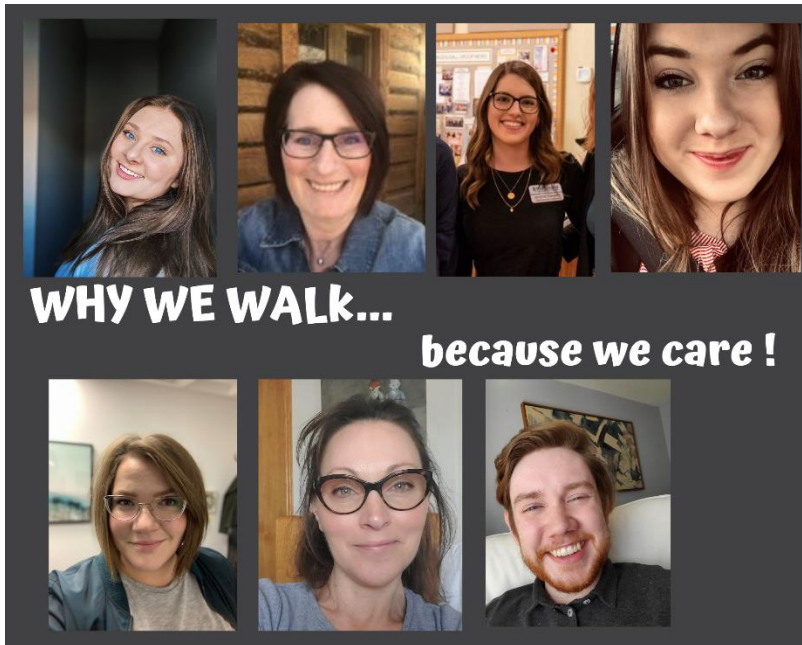


Table of Contents

Meet our New Team Member!	2
About our Exercise Programs	2
Motivational Mondays	3-4
Webinar Wednesdays	5
Provincial Zoom Cognition Programs	6
Provincial Zoom Voice Programs	6
Provincial Zoom Exercise Programs	7
In-Person Programming – Calgary	8
In-Person Programming – Edmonton	9
Alberta Healthy Living Programs	10
Support Group Schedule	11



UPDATES FROM PAA

- Thank you for your patience as we navigate changing circumstances relating to Covid-19. Programs and group support/socials may be changed, moved to a virtual format, or be cancelled at short notice. Advanced registration is required to ensure appropriate communication when changes occur.
- Our office will be closed on Monday, September 6
- Please note there will be no programs or support groups from September 1 to September 12
- Our programs and support groups will resume as normally scheduled on September 13



About our Active Programs:

Our exercise programs are broken into three categories to make it easier to determine which class might be best for you. If you have further questions or concerns, please contact **1-800-566-1911**. The categories are:

- **CHALLENGING** – great for individuals who have a **lot of experience** with exercise and can get down onto the floor quickly and **independently**.
- **MODERATE** – great for individuals who have some experience with exercise and can get down onto the floor with minimal assistance safely.
- **LIGHT** – great for individuals who may be **new** to exercise or those who **cannot** get down onto the floor.

WELCOME TO THE TEAM!

Colleen Davison



Our new Client Services Coordinator, Colleen believes that working with, advocating for and witnessing people being supported has always been her heart work! She loves the outdoors, connecting with nature and her little dog, Bazal.

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

Dancing Parkinson's – Vicki Willis & Dancing Parkinson's

MODERATE



Monday, Sept 13 at 10:00 am

<https://youtu.be/dQQafw7WO8A>

This low impact class will lead you through an enjoyable routine and introduce you to the Dancing Parkinson's program. Make sure you have a chair with you.

Range of Motion Exercises – Kristen Braid

LIGHT



Monday, Sept 20 at 10:00 am

<https://youtu.be/wGsJz1qUO6k>

This class will lead you through a series of gentle movements that can be used as a warm-up before exercise or as a movement break throughout the day.

Be Fit & Age Well – Frank McLoone

LIGHT



Monday, Sept 27 at 10:00 am

<https://youtu.be/KPAWxVKVd3g>

This one-hour fitness class will lead you through a warm-up aerobics, strength training and a cool down. The class follows the philosophy "the more we move the more we are capable of moving." You will need a sturdy chair, a set of weights and a ball.



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.

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

GP PWR! Moves – Sailaja Bayapaneni

CHALLENGING

Monday, Oct 3 at 10:00 am

<https://youtu.be/EhBrrr47MOM>

This PWR! based workout will help you fight your way through PD.

Sit Stand – Cari Cooke

LIGHT

Monday, Oct 18 at 10:00 am

<https://youtu.be/sYAxhWuWxXo>

Sit to Stand is a low impact exercise program led by Cari Cooke, Physiotherapist - 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).

PD & Boxing – Alex Legault

CHALLENGING

Monday, Oct 25 at 10:00 am

<https://youtu.be/LNP62quRADg>

This program will include specific boxing exercises to improve your hand-eye coordination, balance and flexibility. Along with boxing basics – punching, slipping, and moving we will also include specific circuits that relate to both boxing and Parkinson disease. Everyone is welcome – no boxing experience necessary.

FOLLOW US ON YOUTUBE

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



WEBINAR WEDNESDAY

Join us on the 1st and 3rd Wednesday of the month for a webinar version of our Speaker Series from the comfort of your own home! We'll connect you with Alberta healthcare professionals, community partners and experts from across the globe! We are happy to share recorded versions after the program on PAA's YouTube. https://www.youtube.com/playlist?list=PLdDSc_rwIEwFPcaykfa0PCZtTZH_-2DDv

Research 101 – Campus Alberta Neuroscience Staff & Researchers

Wednesday, Sept 15 at 10:00 am

<http://zoom.us/join>

Webinar ID: 890 2869 9765 Password: 234261

https://us02web.zoom.us/webinar/register/WN_OjWmdT2XQwKkzGB4hdaxOA

Join Dr. Bin Hu to learn all about research! Gain an understanding of the process of research; from theory to real world application. Understand how to determine if information is valid research or false claims based on inaccurate and unreliable information. In addition, hear about upcoming research related to Parkinson disease.

PD Avengers – Tim Hague, Professional Speaker & Parkinson's Advocate

Wednesday, Oct 6 at 10:00 am

<http://zoom.us/join>

Webinar ID: 815 1442 5734 Password: 764622

https://us02web.zoom.us/webinar/register/WN_Tc9OlavFQPiKdx6BhEDopw

Our friend and Amazing Race Canada winner, Tim Hague, joins us to tell us all about PD Avengers! The PD Avengers are a global alliance of people with Parkinson's, their partners and friends, standing together to demand change in how the disease is seen and treated. This group came to be inspired by the book "Ending Parkinson's Disease," and are aiming to unite one million voices from across the planet by the end of 2022 to stand together on behalf of the

Palliative Care – Dr Janis Miyasaki, MD, MEd, FRCPC, FAAN (Neurology)

Wednesday, Oct 20 at 1:30 pm

<http://zoom.us/join>

Webinar ID: 860 6845 0424

Password: 760395

https://us02web.zoom.us/webinar/register/WN_IlrRXksGRSuRuK1AzBD8RQ

When people hear the words "palliative care" they associate it with dying; but palliative care is for ANY person with a chronic illness who is or may experience a decreased quality of life because of symptoms related to their illness or treatment. Join Dr. Janis Miyasaki of the Parkinson and Movement Disorders Program as she explains what palliative care is and isn't; and answers your questions.

WWW.STEPNSTRIDE.CA



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.

Thinking, Memory and Concentration – Version 1

Sept 24 – Oct 29

Fridays from 1:30 – 3:00 pm

\$20 members | \$30 non-members

This program is the first version of Thinking Memory Concentration, providing clients with another 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.**

REGISTRATION DEADLINE: September 15, at 4:30 pm

LOCATION: Zoom

*Minimum 10 – Maximum 20

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

LOCATION: Zoom

Social Singing

September 17 – October 29

Fridays from 10:00 – 11:30 am

FREE!

<https://zoom.us/join>

Meeting ID: 824 4740 7880

Password: 894512

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.

LOCATION: Zoom

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.

Circuit Exercise – Paul Wallace Personal Trainer & Corrective Exercise Specialist

CHALLENGING

Sept 14 – Oct 28

Tues/Thurs from 9:30 – 10:30 am

\$105 members | \$115 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.

LOCATION: Zoom

*Minimum 9 – Maximum 15

Body n' Brain – Paul Wallace Personal Trainer & Corrective Exercise Specialist

MODERATE

Sept 17 – Oct 29

Fridays from 11:45 am – 12:30 pm

\$105 members | \$115 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 or you want a class that only runs one day a week, consider joining this class!

LOCATION: Zoom

*Minimum 5 – Maximum 15



The banner features a background image of people's legs walking on a paved path. Overlaid on the image are the logos for FLEXXAIRE PARKINSON and Step n' Stride. The text 'SAVE THE DATE' is prominently displayed in large, bold, pink letters. At the bottom, a purple bar contains the Parkinson Association of Alberta logo, the dates 'SEPTEMBER 11TH & 12TH ACROSS ALBERTA', and contact information: 'FOR MORE INFORMATION: 1-800-561-1911 parkinsonassociation.ca/step-n-stride'.

IN-PERSON PROGRAMMING



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

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.

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

Sept 22 – Oct 27

Wednesdays from 10:00 -11:30 am

\$75 members | \$85 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.

LOCATION: River Park Church | 3818 14 A St SW, Calgary

*Minimum 13

Parkinson's FIGHTS Back Boxing – Alex Legault

CHALLENGING 

Sept 14 – Oct 28

Tues & Thurs from 9:00 – 10:00 am

\$120 members | \$140 non-members

This program will include specific boxing exercises to improve your hand-eye coordination, balance, and flexibility. The classes will include circuits related to PD and boxing basics. Everyone is welcome – no boxing experience is necessary. The class is open to People with Parkinson's and their spouses.

LOCATION: Undisputed Boxing | 7017 Farrell Rd SE, Calgary



THANK YOU

to ARTA for their generous support
of all of our provincial support groups

IN-PERSON PROGRAMMING



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

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.

Avenue Boxing – Gaspar Bonomo

MODERATE



Oct 4 - Oct 27

Mon & Wed from 9:30 – 11:00 am

\$80 members | \$90 non-members

This class is tailored for people with PD and will focus on fast action exercises to build strength, power, flexibility and balance. Join boxing coach, Gaspar Bonomo, for this moderate level boxing class!

LOCATION: Avenue Boxing | 8812 118 Ave NW, Edmonton

*Minimum 10 – Maximum 16

PWR! Sit Stand – Cari Cooke, Physiotherapist

LIGHT



Sept 20 – Oct 27

Mon & Wed from 10:00 – 11:00 am

\$240 members | \$250 non-members

This beginner class is perfect for people who have minimal exercise experience and cannot get down onto the floor. Our small class size will help you increase strength, improve posture, and practice functional movements in a safe environment. All new participants require a screening (\$30) prior to starting class.

PAA Edmonton Office | 11209 86 Street, Edmonton

*Minimum/Maximum 6

PWR! Moves – Cari Cooke, Physiotherapist

MODERATE



Sept 20 – Oct 27

Mon & Wed from 9:00 – 10:00 am

\$180 members | \$190 non-members

An excellent intermediate class for individuals who have some experience with exercise and are able to get down on the floor with minimal assistance safely. With a focus on balance, strength and mobility this class will help you maintain independence in your daily activities. All new participants require a screening (\$30) prior to starting class.

PAA Edmonton Office | 11209 86 Street, Edmonton

*Minimum 8 – Maximum 10

1:1 Physiotherapy – Cari Cooke

ALL LEVELS



Call 780-425-6400

By Appointment

\$85 members | \$95 non-members

Cari is a registered Physical Therapist with over 20 years' experience. She has experience helping clients and families at all stages of PD, an instructor and educator of group classes, a research assistant and a Deep Brain Stimulation Coordinator. Cari has certifications in PWR!, LSVT/BIG, Urban Poling and NDT. If group classes are not able to address your specific movement concern or goals, consider an individual visit with Cari. Physical Therapy may be covered by your insurance plan; a receipt will be provided to you for your claim submission.

LOCATION: PAA Edmonton Office | 11209 86 Street, Edmonton

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 – Karen Hunka

Wednesday, September 8

1:00 – 3:00 pm

FREE!

This class 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.

Planning for the Future with Movement Disorders – Melinda Hatfield

Wednesday, September 22

12:30 – 3:00 pm

FREE!

This class is intended for individuals diagnosed with Parkinson’s or Parkinson Plus Syndromes, their care partners, families or support community.

Parkinson’s Medication – Pia Lawrence

Wednesday, October 20

1:00 - 3:00 pm

FREE!

This 2-hour class 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

REMINDER: Advance registration is **required monthly**, for each 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 of the groups below please call **1-800-561-1911** or contact your Client Services Coordinator.

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 (new time)	1:00PM
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	
1 st Tuesday (new day & time)	10:30 AM
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