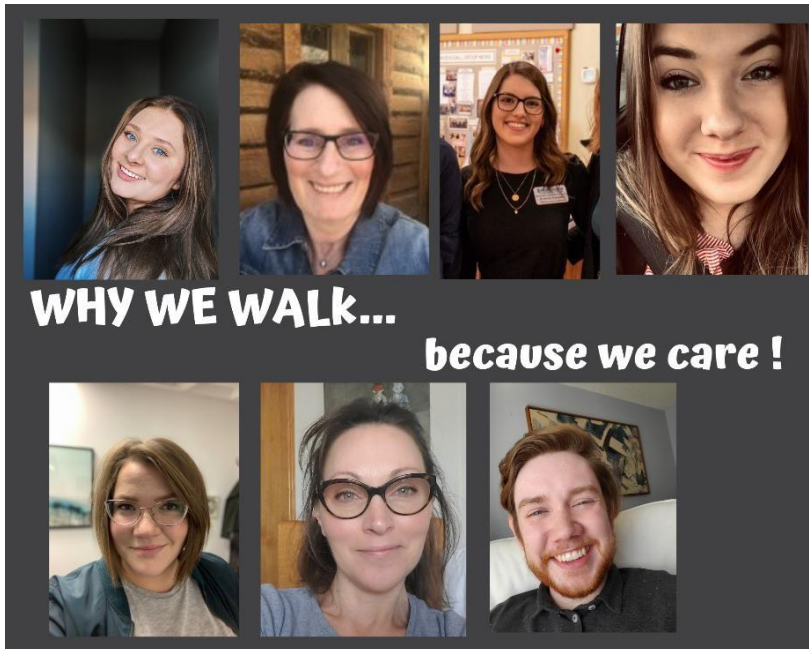


REVISED – 2021-09-22

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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.

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>

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

RESCHEDULED
For February 16, 2022

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.

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

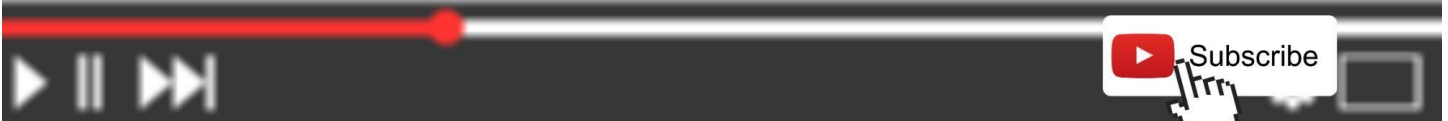
*Minimum 5 – Maximum 15



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

FOLLOW US ON YOUTUBE

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



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 |