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OUR OFFICES WILL BE CLOSED

For Remembrance Day Thursday, November 11

For Winter Holidays December 24 - January 3

In-Person Programming Vaccine Exemption Program

It has been a long 20 months with the pandemic and though we aren't through it yet, we can't wait to get back to seeing everyone in-person! In order to do so safely and get back to fully supporting our vibrant Parkinson's community, on **Monday, Nov. 1, 2021** we will adopt Alberta's Restrictions Exemption Program.

To partake in Parkinson Association of Alberta **in-person** activities, we are implementing the following:




- All staff, direct program partners, students and volunteers are double vaccinated
- Proof (official AHS vaccination documents/QR code) of full COVID-19 vaccinations (received at least 14 days prior to the event/activity) **OR** a negative COVID-19 test result from an approved testing provider taken within 48 hours of the event/activity will need to be shown in order to attend any in-person support groups, 1-on-1/family support sessions and/or active programs.
 - PAA is looking into being able to provide rapid testing in the future
- In accordance with current regulations masking will be mandatory for all indoor activities/events.

A reminder that **advanced registration for programs and support groups is vital** to ensure YOU as the client have the most up-to-date information about location changes or cancellations as they occur. Feedback from clients on an ongoing basis, health regulations and inclement weather are all determining factors in whether a group or activity will run in-person or online.

We want to thank all our clients, stakeholders, program partners and volunteers in advance for your patience and continued cooperation in ensuring we are able to welcome you back to in-person support and activities

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.

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

Gentle Exercise – Scott Andrews

LIGHT



Monday, November 1 at 10:00 am

<https://youtu.be/uFNGIjV26EQ>

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.

Yoga – Jessica Tucker

LIGHT



Monday, November 8 at 10:00 am

<https://youtu.be/vqICEY0UkQQ>

This session will include slow and gentle yoga movements. You'll need a chair, sturdy and ideally without arms.

PD & Exercise – Margaret Orr

MODERATE



Monday, November 15 at 10:00 am

<https://youtu.be/vWgQX6puij8>

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

MONDAY MOTIVATION

Wellness Exercise – Tonia Wood

CHALLENGING 

Monday, November 22 at 10:00 am

<https://youtu.be/RR5jwZjMMSI>

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

Flexibility Exercises – Shalaine Sedres

LIGHT 

Monday, November 29 at 10:00 am

<https://youtu.be/VY-OJdG-MII>

This 15-minute session includes a warm-up, flexibility work, leg and foot exercises and cool down. You will need a sturdy chair and a dowel or long household object and **PLENTY** of space. If space is an issue, you do not need to use the dowel.

Foam Rolling – Paul Wallace

CHALLENGING 

Monday, December 6 at 10:00 am

<https://youtu.be/vvJX9rQMWjw>

Join us for a session of self-myofascial release foam rolling! This technique may lead to improvements in flexibility, movement efficiency and pain reduction. Participants will need a very firm BLACK roller and a firm ball such as a lacrosse ball or very firm tennis ball.

PD Exercise – Connie Harrison

MODERATE 

Monday, December 13 at 10:00 am

<https://youtu.be/c-axOHxNzXA>

This PWR! based program focuses on strength, flexibility and range of motion. Please wear comfortable clothes and have a sturdy chair.

Range of Motion Exercises – Kristen Braid and Nicole Paxman

LIGHT 

Monday, December 20 at 10:00 am

<https://youtu.be/wGsJz1qUO6k>

Join Kristen and Nicole for a series of gentle movements that can be used as a warm-up before exercise or as a movement break throughout the day.

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_rwlEwFPcaykfa0PCZtTZH_-2DDv

A Conversation with Tim Hague

Wednesday, November 3 at 10:00 am

<http://zoom.us/join>

Webinar ID: 834 1459 5189

Password: 448501

https://us02web.zoom.us/webinar/register/WN_jlcktDEXRiSf_or_Jto32A

Join our friend, The Amazing Race Canada season #1 winner and Executive Director of U-Turn Parkinson's, Tim Hague, for a conversation about why our attitudes toward Parkinson's should be 'It's All About Me!' A fun, yet challenging discussion on a life well lived."



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, November 3

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.

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

Nov 12 – Dec 17

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 so please register early!**

REGISTRATION DEADLINE: November 5, 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

November 5 – December 17

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



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

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 

Nov 2 – Dec 23

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

***NO CLASS November 11**

*Minimum 9 – Maximum 15

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

MODERATE 

Nov 5 – Dec 17

Fridays from 9:00 – 10:00 am

\$85 members | \$95 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

**STAY
TUNED!!!**

We are excited to announce a new partnership with the University of Alberta's Occupational Therapy department! Starting in January we will have occupational therapy students working with us to provide individual and group programs. If you are interested in working with an O.T. in the new year, please call our office to put your name on a waitlist and receive more information on the program once it has been finalized!



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

Nov 3 – Dec 15

Wednesdays from 10:00 -11:30 am

\$70 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.

REGISTRATION DEADLINE: Monday, November 1, at 4:30 pm

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

*Minimum 13

Avenue Boxing – Gaspar Bonomo

MODERATE



Nov 1 – Dec 29

Mon & Wed from 9:30 – 11:00 am

\$135 members | \$145 non-members

This class is tailored for people with PD and will focus on fast action exercises to build strength, power, flexibility and balance.

REGISTRATION DEADLINE: Friday, October 29, at 4:30 pm

LOCATION: Avenue Boxing | 8812 118 Ave NW, Edmonton

*Minimum 10 – Maximum 16

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

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 – Young Onset (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 – Central	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	10:00AM
WHITECOURT	
3 rd Thursday	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 (new day & time)	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	10:00AM