

Provincial Program Calendar

January – December 2023



Parkinson's is unique, there is no, "one" or "right" way to live well with Parkinson disease or a Parkinson's Plus Syndrome. With that in mind, we are pleased to present our **2023 Program Calendar** showcasing a wide range of programs and services tailored to the individual/family needs throughout the entire Parkinson's journey. Our programs and services are offered in a variety of ways - in person, online (ZOOM), and via telephone (toll-free 1-800-561-1911) to ensure that no matter where you live, we are here to help!



To register for any program, or for more information please call toll-free 1-800-561-1911

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Save the Date
2023 Annual General Meeting

Saturday, June 17 @ 11am

Virtual Meeting with an In-Person option
in Calgary

IMPORTANT DATES



JANUARY

2 – **Closed for New Year's Day**
3 – PAA Regular Operating Hours Return
THIS MONTH – Pulse Winter 2023

FEBRUARY

20 – **Closed for Family Day**

MARCH

ALL MONTH – Purdy's Easter Campaign

APRIL

ALL MONTH – Parkinson's Awareness Month!
ALL MONTH – Spring Socials!
3 – 7 – Care Partner/Caregiver Week
7 – **Closed for Good Friday**
10 – **Closed for Easter Monday**
16 – 22 – Volunteer Week
THIS MONTH – Pulse Spring 2023

MAY

8 – In-Person Staff Meetings
22 – **Closed for Victoria Day**
19 – Last day to renew membership for AGM

JUNE

11 – Cars for a Cause - Edmonton
17 – Cars for a Cause – Calgary
17 – Annual General Meeting
THIS MONTH – 2022 Impact Report

JULY

3 – **Closed for Canada Day**
12 – Camrose Step 'n Stride Kickoff Event
13 – Lloydminster Step 'n Stride Kickoff Event
19 – Medicine Hat Step 'n Stride Kickoff Event
19 – Lethbridge Step 'n Stride Kickoff Event

20 – Cochrane Step 'n Stride Kickoff Event
20 – Calgary Step 'n Stride Kickoff Event
25 – Red Deer Step 'n Stride Kickoff Event
26 – Edmonton Step 'n Stride Kickoff Event
THIS MONTH – Pulse Summer 2023

AUGUST

ALL MONTH – Summer Socials!
7 – **Closed for Heritage Day**
9 – Grande Prairie Step 'n Stride Kickoff Event

SEPTEMBER

4 – **Closed for Labor Day**
8 – **Closed for Step N' Stride Preparation**
9 & 10 – Parkinson's Step 'n Stride Weekend
9 – Step 'n Stride Walk Day in Calgary, Edmonton, Lethbridge, Lloydminster & Red Deer
10 – Step 'n Stride Walk Day in Camrose, Cochrane, Grande Prairie & Medicine Hat

OCTOBER

2 – **Closed for Truth & Reconciliation Day**
9 – **Closed for Thanksgiving**
18 - 20 – In-Person Staff Meetings
THIS MONTH – Pulse Fall 2023

NOVEMBER

ALL MONTH – Annual Gift Campaign & Membership Renewal
ALL MONTH – Purdy's Holiday Campaign
4 – Hope Conference for Parkinson's
13 – **Closed for Remembrance Day**

DECEMBER

ALL MONTH – Annual Gift Campaign & Membership Renewal
ALL MONTH – Winter Socials!

SUPPORT PROGRAMS

ONE-ON-ONE (1:1) /FAMILY SUPPORT

This program covers a variety of supports for individuals, couples, and families, including emotional and information support, exploring questions and concerns, goal setting, and assistance with government and community resources (including benefits, forms, and referrals). As Parkinson's changes over time, sessions are tailored to your unique situation/needs, ensuring you get the support you need, when you need it.

This service is offered by appointment via telephone, ZOOM, and in-person. Appointments are 50 minutes in length and can be booked multiple times as necessary.

Telephone/ZOOM/In-Person

Monday - Friday

By Appointment

Free!

SUPPORT GROUPS

Support Groups are offered via ZOOM and in-person (group dependent) with advance registration required. For more information on Support Groups see pages 6 & 7.

PEER-TO-PEER SUPPORT

This program connects people living with Parkinson's and/or their Care Partners who are seeking to learn about a lived experience in a specific situation from a Peer. Our Peer mentors have lived experiences in a variety of areas; including, but not limited to: DBS/Duodopa surgical interventions, transitioning a loved one into long term care, receiving a Parkinson's Plus Diagnosis, providing care/support to a loved one with a Parkinson's Plus diagnosis. *Please note this program is not intended to be utilized for social engagement/companionship. Additionally, peer matches may not be available for every Client Services Coordinators will determine if a suitable match is available.*

This service is offered by appointment via telephone or ZOOM. Appointments are no more than 50 minutes in length and may be booked multiple times at the discretion of a Client Services Coordinator.

Telephone/ZOOM

Monday - Friday

By Appointment

Free!

STAY CONNECTED
WITH US ON SOCIAL MEDIA



[parkinsonassociationofalberta](https://www.instagram.com/parkinsonassociationofalberta)



[ParkinsonAssociationofAlberta](https://twitter.com/ParkinsonAssociationofAlberta)



[@PDAssocAB](https://www.facebook.com/PDAssocAB)



[/ParkinsonAlberta](https://www.youtube.com/ParkinsonAlberta)

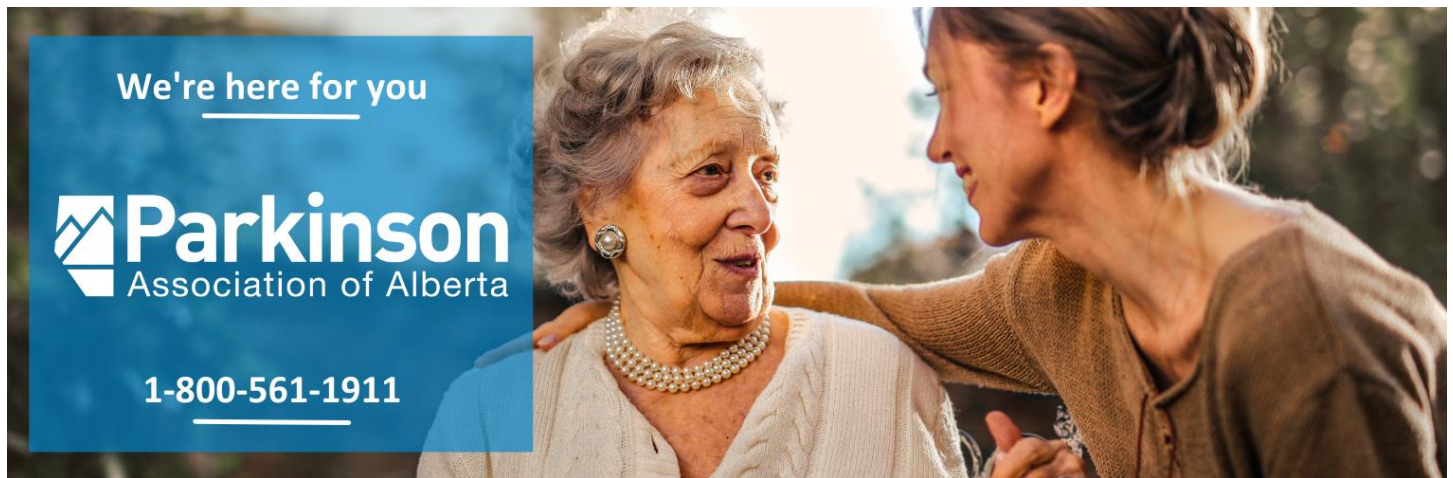


CARE PARTNER SUPPORT PROGRAM

Care partners play an important role in ensuring the well-being of their loved one. To varying degrees and at differing times they provide emotional support, help with medications, assistance with physical challenges, advocate on their loved ones' behalf, and much more. The Care Partner Support Program aims to help Care Partners navigate their own Parkinson's journey, prevent burnout, connect to support and resources, provide connections with other Care Partners, and provide a safe and non-judgemental space to share and discuss their struggles, emotions, and journey in a confidential environment.

This 6-week ZOOM program will run as indicated below. Advance registration is required by the date(s) indicated below.

ZOOM	Fridays	10:00AM – 12:00PM	\$20 Members / \$30 Non-Members
<i>Minimum to run: 5</i>		<i>Maximum: 10</i>	
• January 20 – February 24			Deadline to register: January 9
• May 19 – June 23			Deadline to register: May 8
• September 22 – October 27			Deadline to register: September 11



Check us out on our YouTube Channel:

www.youtube.com/@ParkinsonalbertaCa



WIDOWS' SUPPORT PROGRAM

Losing a loved one can be challenging and difficult to process on your own. Connect with a group of peers alongside PAA staff to work through the process of grief while supporting one another. This program focuses on caring for yourself, remembrance, and the grief journey itself.

This 8-week ZOOM program will run as indicated below. Advance registration is required by the date(s) indicated below.

ZOOM	Fridays	10:00AM – 11:30AM	FREE!
<i>Minimum to run: 5</i>	<i>Maximum: 10</i>		
• May 5 – June 23		Deadline to register: April 24	
• September 15 – November 10 (<i>no class October 20</i>)		Deadline to register: September 1	

Sign up for our Newsletter

Sign up to receive updates on our programs and support groups, research news, events and more delivered straight to your inbox.

SIGN UP

parkinsonassociation.ca



SUPPORT GROUPS

We are happy to present our 2023 Support Group line up. With FOUR new additions to our Provincial Groups our support group offerings now total 41. Another item to note is the absence of April, August, and December in the line up; we are excited to announce this is because we will be hosting fun and engaging SOCIALS in those months instead!!

A note about registering each month for Support Groups. Groups require a minimum number of attendees to run successfully, if we do not have enough registrants the Support Group will unfortunately be cancelled. **It is important to register no later than (1) day BEFORE your support group is slated to take place to help ensure that the Group does not get cancelled due to low registration.** Registration will also ensure that YOU receive the most up-to-date information about your Group (including changes in venue, cancellation due to sickness, extreme weather, or low registration).

To register each month please call toll-free **1-800-561-1911** or talk to a Client Services Coordinator.

PROVINCIAL (ZOOM/CALL-IN ONLY)			
1st Tuesday	of every month	Care Partners – Advanced <i>(for those whose loved ones with PD or PD+ are in or transitioning into Long Term Care)</i>	10:00AM
1st Tuesday	of every month	DBS/Duodopa <i>(for those who have had one of the surgical interventions for PD and their loved ones)</i>	1:00PM
1st Thursday	of every month	Newly Diagnosed <i>(for those who are newly diagnosed or have had PD for less than 2 years and their loved ones)</i>	1:30PM
2nd Wednesday	of every month	Young Onset <i>(for those diagnosed Young Onset who are under 60 and their loved ones)</i>	7:00PM
2nd Thursday	of every month	Solo PD <i>(for those diagnosed with PD who do not have a spouse or Care Partner)</i>	1:30PM
3rd Thursday	of every month	General Parkinson's <i>(for those whose have been diagnosed with PD and their loved ones)</i>	10:00AM
3rd Thursday	of every month	Care Partners <i>(for those whose loved one has PD or PD+)</i>	1:30PM
3rd Saturday	of every month <i>(except February & May)</i>	Parkinson's Plus (PSP, MSA, CBD, & DLB) <i>(for those diagnosed with a Parkinson's Plus Syndrome and their loved ones)</i>	12:00PM
4th Tuesday	of every month <i>(except December)</i>	Widows (Closed Group) <i>(for those who have completed PAA's Widows Program)</i>	10:00AM
4th Wednesday	of every month <i>(except December)</i>	Care Partners – Young Onset <i>(for those whose loved one was diagnosed Young Onset and is currently under 60)</i>	7:00PM

Please note for Support Group months listed below –
 BLACK text indicates an in-person group, while GREEN text indicates a Zoom/Call-In group

CALGARY REGION			
3 rd Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct & Nov	Airdrie	10:00AM
1 st Tuesday	Feb, Mar, May, Jun, Oct & Nov	Calgary Northwest	10:00AM
1 st Thursday	Feb, Mar, May, Jun, Oct & Nov	Calgary Northeast	10:00AM
3 rd Tuesday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	Calgary Care Partners	1:30PM
3 rd Thursday	Jan, Feb, Mar, May, Jun, Sep, Oct & Nov	Calgary Southwest	10:00AM
4 th Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct & Nov	Calgary Southeast	10:00AM
4 th Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct & Nov	Calgary Central	2:00PM
2 nd Thursday	Jan, Feb, Mar, May, Jun, Sep, Oct & Nov	Canmore	1:30PM
2 nd Thursday	Jan, Feb, Mar, May, Jun, Sep, Oct & Nov	Cochrane	10:00AM
4 th Thursday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	High River/Nanton/Okotoks	10:00AM
1 st Thursday	Feb, Mar, May, Jun, Oct & Nov	Strathmore	1:30PM
EDMONTON REGION			
2 nd Wednesday	Feb, Jun & Oct	Camrose	1:00PM
1 st Wednesday	Feb, Mar, May, Jun, Jul, Oct & Nov	Edmonton South	1:00PM
1 st Thursday	Feb, Mar, May, Jun, Jul, Oct & Nov	Edmonton Care Partners	10:00AM
3 rd Wednesday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	Edmonton Central	2:00PM
4 th Tuesday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	Fort Saskatchewan	1:00PM
4 th Tuesday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	Leduc	6:30PM
4 th Thursday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	Parkland (Spruce Grove/Stony Plain)	10:00AM
3 rd Tuesday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	St Albert	10:00AM
2 nd Tuesday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	Sherwood Park	1:00PM
GRANDE PRAIRIE REGION			
2 nd Wednesday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	Grande Prairie	1:00PM
LETHBRIDGE & MEDICINE HAT REGION			
3 rd Thursday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	Lethbridge	2:00PM
3 rd Wednesday	Jan, Mar, May, Jul, Sep & Nov	Medicine Hat	12:00PM
LLOYDMINSTER REGION			
3 rd Tuesday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	Bonnyville	10:30AM
4 th Thursday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	Lloydminster	2:00PM
1 st Tuesday	Jan, Mar, May, Jun, Jul, Oct & Nov	Vermilion	10:30AM
RED DEER REGION			
4 th Wednesday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	Lacombe	1:00PM
2 nd Wednesday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	Olds	1:30PM
3 rd Wednesday	Jan, Feb, Mar, May, Jun, Jul, Sep, Oct & Nov	Red Deer	1:00PM
2 nd Thursday	Feb, Jun & Oct	Rocky Mountain House	2:00PM

WINTER SOCIALS

Our seasonal Socials are a fun and relaxing way to connect with friends and meet new people! Join us in November and December to wrap up the year and kickoff the holiday season!

A note about registering for Socials: Our Socials require a minimum number of attendees to run successfully, if we do not have enough registrants the Social will unfortunately be cancelled. **It is important to register no later than one (1) day BEFORE your Social is slated to take place to help ensure that the event does not get cancelled due to low registration.** Registration will also ensure that YOU receive the most up-to-date information about your Social (including changes in venue, cancellation due to extreme weather, or low registration).



CALGARY REGION	
December 13	Airdrie
December 8	Calgary – All Inclusive
December 14	Canmore
December 14	Cochrane
November 23	High River/Nanton/Okotoks
December 7	Strathmore
EDMONTON REGION	
November 29	Camrose
December 1	Edmonton
November 21	Fort Saskatchewan
November 21	Leduc
November 23	Parkland (<i>Spruce Grove/Stony Plain</i>)
November 21	St Albert
December 5	Sherwood Park
GRANDE PRAIRIE REGION	
December 13	Grande Prairie
LETHBRIDGE/MEDICINE HAT REGION	
December 7	Lethbridge
December 6	Medicine Hat
LLOYDMINSTER REGION	
November 28	Bonnyville
November 30	Lloydminster
November 30	Vermilion
RED DEER REGION	
November 22	Lacombe
December 13	Olds
December 6	Red Deer
November 22	Rocky Mountain House

ACTIVE PROGRAMS - SOCIAL

SPRING, SUMMER & WINTER SOCIALS

Socials take place in-person during the months of April, August, and December. Locations and activities will vary, and advance registration is required. For more information on our Socials see page 8

PAA CALGARY OFFICE OPEN HOUSE

April is Parkinson's Awareness Month! Drop by our Calgary Office on Friday, April 21 to meet our staff and find out about programs over a cup of coffee! This is an in-person drop-in event.

In-Person – PAA Calgary Office - 120, 6835 Railway St SE

April 21

10:30AM – 12:00PM

Free!

PARKINSON'S WELLNESS RETREAT

\$500/Person

We are excited to announce a unique getaway experience for our inaugural Parkinson's Wellness Retreat. Hosted by Dr. Davide Martino, for people impacted by Parkinson's and their Care Partners. Individuals and couple's welcome! This multiple day retreat will include hiking, education, mindfulness work, and social time. Check our website to register and for more details.



Parkinson
Association of Alberta

WELLNESS RETREAT

June 23-25 Canmore

- Activities for both People with Parkinson's and Care Partners
- Moderate to challenging mountain hikes & walks
- Yoga and mindfulness
- Art and music
- Wine & Cheese evening and Bonfire Social

• For more information or to reserve your spot call 1-800-561-1911



ACTIVE PROGRAMS - COGNITIVE

THINKING, MEMORY & CONCENTRATION (TMC)

Don't forget to exercise your brain! Just like our muscles, we need to engage our brains to keep them healthy. TMC offers the opportunity to work on 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 this program will be mailed, so please register early! Please note, this program does require fine motor skills for completing the activities; if you have challenges with writing or using a pen, please connect with a Client Services Coordinator to see if this program is a fit for you!

This 6-week ZOOM program will run as indicated below. Advance registration is required by the date(s) indicated below.

ZOOM	Fridays	1:30PM – 3:00PM	\$20 Members / \$30 Non-Members
<i>Minimum to run: 5</i>		<i>Maximum: 15</i>	
• January 20 – February 24	Version #1	Deadline to register: January 9	
• March 17 – April 28 (no class Good Friday)	Version #2	Deadline to register: March 6	
• May 19 – June 23	Version #3	Deadline to register: May 1	
• September 22 – October 27	Version #4	Deadline to register: September 5	

An annual membership (\$35) with Parkinson Association of Alberta provides you with discounted rates on programs, a copy of our quarterly Pulse magazines mailed to you, an Aware in Care kit, and a voice (and vote) within our organization. Additional memberships can be purchased for \$15 and also provides discounted program rates, an Aware in Care kit, and a voice/vote.

Membership can be purchase or renewed online through our website or by contacting 1-800-561-1911.

Not sure if you have a current membership? Contact us to find out!

**Memberships are valid from date of purchase until date of purchase the following year*

ACTIVE PROGRAMS – SPEECH/VOICE

PD & SINGING

Research indicates that singing can help improve speech and voice challenges commonly associated with Parkinson disease. Our incredible instructor, Brian Farrell is an established vocal coach who will inspire participants through singing, humorous stories, and movement. Singing experience not required.

This 6-week in-person program will run as indicated below. Advance registration is required by the date(s) indicated below.

In-Person - Calgary	Wednesdays	10:00AM – 11:30AM	# of Sessions/Cost	
<i>Minimum to run: 12 Maximum: 30</i>				
• March 1 – April 26 <i>(no class Mar 15)</i>	Deadline to register: February 22	8 sessions	\$160 Members / \$170 Non-Members	
• May 3 – June 28	Deadline to register: April 24	9 sessions	\$180 Members / \$190 Non-Members	
• September 13 – October 25	Deadline to register: September 6	7 sessions	\$140 Members / \$150 Non-Members	
• November 1 – December 13	Deadline to register: October 25	7 sessions	\$140 Members / \$150 Non-Members	

SOCIAL SING

This weekly ZOOM program gives you a chance to workout your vocal cords from the comfort of your own home! Enjoy your favourite songs and sing your heart out while making new social connections. This YouTube led program requires no singing skills or experience to participate. This ZOOM drop-in program is open to everyone.

ZOOM	Every Friday	10:00AM – 11:30AM	Free!
No classes: April 7, September 8, or December 29			
ZOOM Link: https://bit.ly/3uHLL1c Meeting ID: 895 0596 4044 Passcode: 425051			

*"Music gives a soul to the universe, wings to the mind,
flight to the imagination, and life to everything."
- Plato*



ACTIVE PROGRAMS - PHYSICAL

Our exercise programs are broken into three levels to make it easier to determine which class might be best for you. If you have further questions or concerns, please contact **1-800-561-1911**. A credit card number is required to confirm 1:1 appointments. ***Cancellations with only 24 hours notice, to a cancellation fee and individuals are required to pay in full for the appointment.*** The categories are as follows:

- **CHALLENGING** – great for individuals who have a lot of experience with exercise, can get up/down from the floor quickly and independently, and who have no- to minimal balance, falls and/or cognitive issues.
- **MODERATE** – great for individuals who have some experience with exercise, can get up/down from the floor with minimal assistance safely, and who have minimal to moderate balance, falls and/or cognitive issues.
- **LIGHT** – great for individuals who may be new to exercise, those who cannot get down onto the floor, and those who are experiencing moderate to high issues with balance, falls and/or cognition.

1:1 KINESIOLOGY *(Good for all levels)*

Kinesiology is the science of physical activity. Kinesiology can help people meet exercise goals or recover from injury by using exercises and movement education. PAA is pleased to work with kinesiologist Braiden Jansen Van Beek to offer 1:1 appointments at our Edmonton office location.

In-Person - Edmonton	Fridays	Morning Appointments	\$65 Members / \$75 Non-Members
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1:1 PHYSIOTHERAPY *(Good for all levels)*

Physical therapy is a great way to get some individualized physical support. Physiotherapists use hands-on therapy, exercises, stretches, and more to help people address their unique challenges and concerns. PAA is pleased to work with registered physiotherapists Cari Cooke (Edmonton) and Jackie Townsend (Calgary) to offer 1:1 appointments at both our Calgary and Edmonton office locations. Receipts will be provided as physical therapy is a health expense from a tax perspective and may be covered by your insurance.

In-Person - Calgary	By Appointment	50 minute sessions	\$155 Members / \$165 Non-Members
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In-Person - Edmonton	Wednesdays	Afternoon Appointments	\$85 Members / \$95 Non-Members
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1:1 PERSONAL TRAINING *(Good for all levels)*

Looking for an exercise program that's tailored to you? Work with personal trainer and corrective exercise specialist, Paul Wallace online to evaluate your current strength and movement limitations through a range of movement assessments, then work together to create a customized exercise routine!

This program takes place over **five (5)** thirty-minute Zoom sessions.

ZOOM	By Appointment	Five 30 minute sessions	\$150 Members / \$160 Non-Members
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BOXING (Good for *Challenging* and *Moderate* levels)

Our boxing programs are led by our wonderful boxing instructors Alex in Calgary and Gasper and Stan in Edmonton. This program is tailored for people with Parkinson's and will focus on fast action exercises to build strength, power, flexibility, hand-eye coordination, and balance. No boxing experience necessary!

Advance registration is required for all sessions – please register by the dates indicated below.

In-Person - Calgary	Monday & Wednesdays	11:00AM – 12:00PM	# of Sessions/Cost	
<i>Minimum to run: 5</i>		<i>Maximum: 18</i>		
• January 16 – February 27 <i>(no class Feb 20)</i>	Deadline to register: January 9	12 sessions	\$180 Members / \$190 Non-Members	
• March 1 – April 26 <i>(no class Apr 10)</i>	Deadline to register: February 22	16 sessions	\$240 Members / \$250 Non-Members	
• May 1 – June 28 <i>(no class May 22)</i>	Deadline to register: April 24	17 sessions	\$255 Members / \$265 Non-Members	
• July 5 – August 30 <i>(no class Aug 7)</i>	Deadline to register: June 26	16 sessions	\$240 Members / \$250 Non-Members	
• September 13 – October 30 <i>(no class Oct 2 or 9)</i>	Deadline to register: September 6	12 sessions	\$180 Members / \$190 Non-Members	
• November 1 – December 20 <i>(no class Nov 13)</i>	Deadline to register: October 23	14 sessions	\$210 Members / \$220 Non-Members	

In-Person - Edmonton	Monday & Wednesdays	9:30AM – 11:00AM	# of Sessions/Cost	
<i>Minimum to run: 12</i>		<i>Maximum: 18</i>		
• January 9 – February 27 <i>(no class Feb 20)</i>	Deadline to register: January 4	14 sessions	\$185 Members / \$195 Non-Members	
• March 1 – April 26 <i>(no class Apr 10)</i>	Deadline to register: February 22	16 sessions	\$210 Members / \$220 Non-Members	
• May 1 – June 28 <i>(no class May 22)</i>	Deadline to register: April 24	17 sessions	\$225 Members / \$235 Non-Members	
• July 5 – August 30 <i>(no class Aug 7)</i>	Deadline to register: June 26	16 sessions	\$210 Members / \$220 Non-Members	
• September 6 – October 30 <i>(no class Oct 2 or 9)</i>	Deadline to register: August 28	14 sessions	\$185 Members / \$195 Non-Members	
• November 1 – December 20 <i>(no class Nov 13)</i>	Deadline to register: October 23	14 sessions	\$185 Members / \$195 Non-Members	

“Don’t count the days; make the days count.”
- Muhammad Ali

CIRCUIT I – IN-PERSON (Good for **Challenging** level)

Join Paul Wallace, personal trainer, and corrective exercise specialist, for this in-person, high impact exercise session! With plenty of cardio, drills, and cognitive challenges you'll get a full body workout as you train your body and mind to work together.

Advance registration is required for all sessions – please register by the dates indicated below.

In-Person - Edmonton	Tuesdays & Thursdays	9:00AM – 10:30AM	# of Sessions/Cost	
<i>Minimum to run: 6 Maximum: 10</i>				
• January 10 – February 28	Deadline to register: January 3	15 sessions	\$255 Members / \$265 Non-Members	
• March 2 – April 27	Deadline to register: February 22	17 sessions	\$285 Members / \$295 Non-Members	
• May 2 – June 29	Deadline to register: April 24	18 sessions	\$305 Members / \$315 Non-Members	
• July 4 – August 31	Deadline to register: June 26	18 sessions	\$305 Members / \$315 Non-Members	
• September 12 – October 31	Deadline to register: September 1	15 sessions	\$255 Members / \$265 Non-Members	
• November 2 – December 21	Deadline to register: October 25	15 sessions	\$255 Members / \$265 Non-Members	

CIRCUIT II - VIRTUAL (Good for **Challenging** and **Moderate** levels)

This online exercise program is a great way to keep moving from the comfort of your own home! Keeping safety concerns in mind, this ZOOM version of Circuit is a slightly modified version of the original in-person program.

Advance registration is required for all sessions – please register by the dates indicated below.

ZOOM	Tuesdays & Thursdays	11:00AM – 12:00PM	# of Sessions/Cost	
<i>Minimum to run: 5 Maximum: 10</i>				
• January 10 – February 28	Deadline to register: January 3	15 sessions	\$180 Members / \$190 Non-Members	
• March 2 – April 27	Deadline to register: February 22	17 sessions	\$205 Members / \$215 Non-Members	
• May 2 – June 29	Deadline to register: April 24	18 sessions	\$220 Members / \$230 Non-Members	
• July 4 – August 31	Deadline to register: June 26	18 sessions	\$220 Members / \$230 Non-Members	
• September 5 – October 31	Deadline to register: August 28	17 sessions	\$205 Members / \$215 Non-Members	
• November 2 – December 21	Deadline to register: October 25	15 sessions	\$180 Members / \$190 Non-Members	

FRIDAY EXERCISE BOOSTER (Good for *Moderate* and *Challenging* levels)

Looking for an exercise program that is only 1x/week? Or an additional workout opportunity to wrap up your week? Then this online exercise program is for you! This class will engage your body, brain, and voice in a short workout that is perfect for beginners or those who want to add a little more get up and go to their week.

Advance registration is required for all sessions – please register by the dates indicated below.

ZOOM	Fridays	9:00AM – 10:00AM	# of Sessions/Cost
<i>Minimum to run: 4</i>		<i>Maximum: 10</i>	
• January 6 – February 24	Deadline to register: January 3	8 sessions	\$120 Members / \$130 Non-Members
• March 3 – April 28 (no class Apr 7)	Deadline to register: February 22	8 sessions	\$120 Members / \$130 Non-Members
• May 5 – June 30	Deadline to register: April 26	9 sessions	\$135 Members / \$145 Non-Members
• July 7 – August 25	Deadline to register: June 28	8 sessions	\$120 Members / \$130 Non-Members
• September 1 – October 27	Deadline to register: September 1	9 sessions	\$135 Members / \$145 Non-Members
• November 3 – December 22	Deadline to register: October 25	8 sessions	\$120 Members / \$130 Non-Members

MOVIN' & GROOVIN' – A DANCE PROGRAM FOR PARKINSON'S (Good for *Challenging* and *Moderate* levels)

Did you know that scientific research shows the benefits of dance for people with Parkinson's? Attending a regular dance program can improve gait and balance, reduce depression and isolation, and stimulate cognitive function! Led by Charlene Heavener this fun program is for both people with Parkinson's and/or their Care Partners and requires no previous dance experience.

Advance registration is required for all sessions – please register by the dates indicated below.

In-Person - Edmonton	Saturdays	10:00AM – 11:30AM	# of Sessions/Cost
• May 6 – June 24 (no class May 20 or 27)	Deadline to register: April 28	6 sessions	\$90 Members / \$100 Non-Members
• October 14 – November 25 (no class Nov 11)	Deadline to register: October 6	6 sessions	\$90 Members / \$100 Non-Members

“Exercise not only changes your body. It changes your mind, your attitude, and your mood.”

POWER, BALANCE & REACH EXERCISE PROGRAM (Good for **Moderate** levels)

Join Paul Wallace in this mid-level exercise program where you will get your heart rate up and body moving in a variety of ways using chairs, mats, and your own two feet. This full body work out will focus on improving and/or maintaining strength, balance, and flexibility. Advance registration is required for all sessions – please register by the dates indicated below.

In-Person - Edmonton	Mondays & Wednesdays	11:30AM – 12:30PM	# of Sessions/Cost	
<i>Minimum to run: 6</i>		<i>Maximum: 10</i>		
• January 9 – February 27 <i>(no class Feb 20)</i>	Deadline to register: January 3	14 sessions	\$160 Members / \$170 Non-Members	
• March 1 – April 26 <i>(no class Apr 10)</i>	Deadline to register: February 22	16 sessions	\$185 Members / \$195 Non-Members	
• May 1 – June 28 <i>(no class May 22)</i>	Deadline to register: April 24	17 sessions	\$195 Members / \$205 Non-Members	
• July 5 – August 30 <i>(no class Aug 7)</i>	Deadline to register: June 28	16 sessions	\$185 Members / \$195 Non-Members	
• September 11 – October 30 <i>(no class October 2 or 9)</i>	Deadline to register: August 30	13 sessions	\$150 Members / 160 Non-Members	
• November 1 – December 20 <i>(no class Nov 13)</i>	Deadline to register: October 25	14 sessions	\$170 Members / \$180 Non-Members	

SIT 'N STAND (Good for **Light** level)

This program is perfect for people who have minimal exercise experience and/or cannot get down onto the floor. Our small class size means more 1:1 attention to help you increase strength, improve posture, and practice functional movements in a safe environment. Sit 'n Stand runs two classes – Session A and Session B – the only difference is the time slot.

Advance registration is required for all sessions – please register by the dates indicated below.

In-Person - Edmonton	Mondays & Wednesdays	Session A (9:00AM – 10:00AM) Session B (10:15AM – 11:15AM)	# of Sessions/Cost	
<i>Minimum to run: 3</i>		<i>Maximum: 4</i>		
• January 9 – February 22 <i>(no class Feb 20)</i>	Deadline to register: January 3	13 sessions	\$280 Members / \$290 Non-Members	
• March 6 – April 19 <i>(no class Apr 10)</i>	Deadline to register: February 27	13 sessions	\$280 Members / \$290 Non-Members	
• May 1 – June 21 <i>(no class May 22)</i>	Deadline to register: April 24	15 sessions	\$320 Members / \$330 Non-Members	
• July 5 – August 30 <i>(no class Aug 7)</i>	Deadline to register: June 28	16 sessions	\$340 Members / \$350 Non-Members	
• September 11 – October 30 <i>(no class October 2 or 9)</i>	Deadline to register: August 30	13 sessions	\$280 Members / \$290 Non-Members	
• November 1 – December 20 <i>(no class Nov 13)</i>	Deadline to register: October 25	14 sessions	\$300 Members / \$310 Non-Members	

EDUCATION PROGRAMS – 101 SERIES

We are excited to announce new additions to our Educational 101 series. We have FIVE (5) new topics joining our long-standing PD 101 series! These topics are one's people ask the Team about so frequently that we decided we would add them to our ongoing line up of programming throughout the year. As each presentation topic is designed to be introductory, we also decided to keep with the "101" theme in an homage to the number often associated with introductory/first year classes. More information can be found below.

These education sessions are offered on ZOOM and are open to anyone. Advance registration is required.

PD 101 – An Introduction to Parkinson disease

This program is ideal for those who have been recently diagnosed with Parkinson disease, have a family member/friend who has been recently diagnosed with Parkinson's; and/or those who would like to know a little more about Parkinson disease. This session will go over what Parkinson disease is, how it is diagnosed, motor and non-motor symptoms, and more. The education session includes a 45 minute presentation and a 45 minute discussion period where you can ask questions. Advance registration is required.

ZOOM	LAST Thursday of Month	6:30PM – 8:30PM	Free!
• January 26			Deadline to register: January 26 at 10AM
• February 23			Deadline to register: February 23 at 10AM
• March 30			Deadline to register: March 30 at 10AM
• April 27			Deadline to register: April 27 at 10AM
• May 25			Deadline to register: May 25 at 10AM
• June 29			Deadline to register: June 29 at 10AM
• July 27			Deadline to register: July 25 at 10AM
• August 31			Deadline to register: August 29 at 10AM
• September 28			Deadline to register: September 26 at 10AM
• October 26			Deadline to register: October 24 at 10AM
• November 30			Deadline to register: November 28 at 10AM

PD+ 101 – An Introduction to Parkinson's Plus Syndromes

This program is ideal for those who have been recently diagnosed with a Parkinson's Plus Syndrome: Progressive Supranuclear Palsy (PSP), Multiple System Atrophy (MSA), Corticobasal Degeneration/Syndrome (CBD), or Dementia with Lewy Body (DLB) disease, and their families. This session will go over the four most common Parkinson's Plus Syndromes, and how they differ from each other and from Parkinson disease. This education session includes a 45 minute presentation and a 45 minute discussion period where you can ask questions.

Advance registration is required by the date(s) indicated below.

ZOOM		Free
• May 29	2:00PM – 3:30PM	Deadline to register: May 26
• November 27	10:00AM – 11:30AM	Deadline to register: November 24

Care Partner 101 – An Introduction to PD and PD+ from a Care Partner Perspective

This program is ideal for those individuals whose spouse/partner or loved one who has been recently diagnosed with Parkinson disease or a Parkinson's Plus Syndrome. This session will take a look at both Parkinson disease and Parkinson's Plus Syndromes from a Care Partner perspective and include discussion on facial masking, apathy, communication, self-care, and more. This education session includes a 45 minute presentation and a 45 minute discussion period where you can ask questions.

Advance registration is required by the date(s) indicated below.

ZOOM		Free!
• February 27	6:00PM – 7:30PM	Deadline to register: February 24
• October 23	6:00PM – 7:30PM	Deadline to register: October 20

DBS/DUODOPA 101 – An Introduction to Deep Brain Stimulation and Duodopa treatment options for those with Parkinson's

This program is ideal for those interested in learning more about Deep Brain Stimulation (DBS) and the Duodopa pump; both surgical-based treatment options for Parkinson disease. This session will go over what each option is, what the option will and will not do, and who a good candidate might be. This education session includes a 45 minute presentation and a 45 minute discussion period where you can ask questions.

Advance registration is required by the date(s) indicated below.

ZOOM		Free!
• August 28	6:00PM – 7:30PM	Deadline to register: August 24
• September 25	6:00PM – 7:30PM	Deadline to register: September 22

Advance Care Planning & Government Resources 101 – An Introduction to Advance Care Planning & Government Resources

Are you curious about Advance Care Planning? Do you want to know more about what it is, what it isn't, and why it's important? How about Government resources that might be available to you? If you answered yes to any of those questions, then this education session is for you! This education session offers two different presentations – one for those **under the age of 65** and one for those **65 and over**. Both education sessions include a 45 minute presentation and a 45 minute discussion period where you can ask questions.

Advance registration is required by the date(s) indicated below.

ZOOM		Free!
For those 65 and OVER		
• April 24	9:30AM – 11:00AM	Deadline to register: April 21
• November 20	10:00AM – 11:30AM	Deadline to register: November 17
For those UNDER 65		
• October 30	6:30PM – 8:00PM	Deadline to register: October 27

Housing Transitions 101 – An Introduction to Navigating Housing Transitions

When it comes to housing transitions, there are many options available – from staying at home to downsizing to retirement communities and yes, even long-term care. This session will go over options to provide you with information and insight regarding the choices available to you including when and how to start the conversation. This education session includes a 45 minute presentation and a 45 minute discussion period where you can ask questions. Advance registration is required by the date(s) indicated below.

ZOOM		Free!
• December 11	10:00AM – 12:00PM	Deadline to register: December 8

APRIL IS PARKINSON AWARENESS MONTH

FOLLOW US AT
PARKINSONASSOCIATION.CA
OR ON SOCIAL MEDIA
FOR OUR FULL SCHEDULE
OF PROGRAMS AND EVENTS.



Hope Conference 2023

Virtual & In-Person Options Available
Details at parkinsonassociation.ca

Save
the
Date

**Saturday,
November 4
9am-3pm**

 **Parkinson**
Association of Alberta

EDUCATION PROGRAMS – OTHER

WEBINAR WEDNESDAYS

Streaming expert education directly to you in the comfort of your own home! This program connects you to healthcare professionals, community partners and other experts as they deliver presentations on a variety of topics. Looking for a different topic? Our YouTube channel has an entire playlist dedicated to our past webinars! Browse them here: <https://bit.ly/3PnjfBN>

January 11 **1:30PM – 2:30PM** **Freezing & Parkinson's w/ Rosanna Clark, PT**

Visit our YouTube Channel to watch the recording.

<https://bit.ly/3PnjfBN>

March 1 **10:00AM – 11:00AM** **The Impact of Caregiving on Spouses w/Dr. Adriana Shnall**

Visit our YouTube Channel to watch the recording.

<https://bit.ly/3PnjfBN>

June 7 **10:00AM – 11:00AM** **Navigating the Transition to Care**

Visit our YouTube Channel to watch the recording.

<https://bit.ly/3PnjfBN>

August 2 **10:00AM – 11:00AM** **Feet & Parkinson's w/ Cari Cooke, PT**

Visit our YouTube Channel to watch the recording.

<https://bit.ly/3PnjfBN>

Q&A WITH A NEUROLOGIST

This program has run in the past as a Webinar Wednesday; due to overwhelming popularity however it is returning as its own program! Now this interactive Q&A session is intended to address general questions about Parkinson disease and Parkinson’s Plus symptoms, treatments, available medications, complementary/additional health care therapies. This program is not intended to be diagnostic, prescriptive, or replace the relationship, advice, and/or care of your physician.

Advance registration is required by the date(s) indicated below.

ZOOM			Free!
Minimum to run: 12	Maximum: 20		
• February 9	10:00AM – 11:00AM		Deadline to register: January 31
• May 11	10:00AM – 11:00AM	Dr. Suchowersky	Deadline to register: May 2
• December 14	10:00AM – 11:00AM	Dr. Karnik	Deadline to register: December 5

EDUCATION COFFEE CHAT

Learning can be more fun when it is done as a group! Join us in Lethbridge for an educational webinar, coffee, and snacks. Participants will get a chance to discuss and ask questions. Want to help decide which topic? Let us know what topic you’d prefer. Advance registration is required – please register by the date indicated below.

In-Person - Lethbridge	May 24	10:00AM – 12:00PM	Free!
Minimum to run: 10	Maximum: 25		Deadline to register: May 19



ALBERTA HEALTHY LIVING PROGRAMS

The Alberta Health Services' Alberta Healthy Living Programs listed below are being offered in partnership with Parkinson Association of Alberta. Registration is done online through an Alberta Health Services portal or by calling 1-844-527-1160. You will need the following information to register: email address, healthcare number, first and last name, date of birth, postal code, and phone number.

To register follow the steps below:

- 1) Click this link: <https://bit.ly/3j1WuHq>
- 2) Scroll down to the class you would like to register for, and click the blue class name

ZOOM	Free!
PD 101	Speech & Swallowing
<ul style="list-style-type: none"> • March 1 10:00AM – 12:00PM • June 7 1:00PM – 3:00PM • September 27 1:00PM – 3:00PM • December 6 10:00AM – 12:00PM 	<ul style="list-style-type: none"> • January 11 10:00AM – 12:00PM • May 17 10:00AM – 12:00PM • September 20 10:00AM – 12:00PM
Parkinson's Medications	Planning for the Future w/ Movement Disorders
<ul style="list-style-type: none"> • February 8 1:00PM – 3:00PM • June 21 1:00PM – 3:00PM • October 4 1:00PM – 3:00PM 	<ul style="list-style-type: none"> • February 27 12:30PM – 3:00PM • August 10 12:30PM – 3:00PM • September 28 12:30PM – 3:00PM

Save the Date!

September 9th & 10th





WHO ARE YOU WALKING FOR?