

2024 Provincial Program Calendar

January – December

Version 05



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 **2024 Program Calendar** showcasing a wide range of programs and services tailored to the individual/family needs throughout the entire Parkinson's journey. Covering activities from January through December, our programs and services are offered in a variety of ways – **in-person**, **online** and via **telephone** to ensure that no matter where you live, we are here to help!

NEW & NOTABLE

- **NEW PROGRAMS!** You will also find a variety of new program options (including programs and levels) added to this year's calendar!
- **NEW DISCOUNTS!** We are pleased to offer those with a valid PAA Membership **20% off our programs!**
- **NEW TIMELINES!** for activity registration. Be sure to note registration deadline details for programs and support group registration.
- **NEW OPPORTUNITY!** to receive monthly program and support group reminders! For those signed up to receive PAA emails, an email will be sent out the middle of every month detailing the upcoming month's activities in your Region (including direct registration links!)

If you are not signed up to receive PAA emails you can sign up to do so or register by calling toll-free **1-800-561-1911** or reaching out to us via email at clientservices@parkinsonassociation.ca.



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

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While the majority of our program offerings are open to BOTH people with Parkinson's AND their loved ones. This includes our exercise programs, though in classes where space is limited, first priority is given to people with Parkinson's. We also have options that are meant for a specific audience, please see the key below.

○ – indicates a Person with Parkinson's-specific program

◇ – indicates a Care Partner-specific program, or as is the case with Support Groups Care Partner-specific options are available.

IMPORTANT DATES

JANUARY

1 – Closed for New Year's Day
2 – PAA Regular Operating Hours Return
THIS MONTH – Pulse Winter 2024

FEBRUARY

19 – Closed for Family Day

MARCH

ALL MONTH – Purdy's Easter Campaign & some Spring Socials!
9 – Pandemonium for Parkinson's – Lethbridge
29 – Closed for Good Friday

APRIL

ALL MONTH – Parkinson's Awareness Month!
ALL MONTH – Spring Socials!
1 – Closed for Easter Monday
21 – 27 – Volunteer Week
25 – Last day to renew membership for AGM
THIS MONTH – Pulse Spring 2024

MAY

20 – Closed for Victoria Day
THIS MONTH – 2022 Impact Report

JUNE

15 – Cars for a Cause – Edmonton
20 – Annual General Meeting

JULY

ALL MONTH – Summer Socials & Step 'n Stride Kickoff Events!
1 – Closed for Canada Day
THIS MONTH – Pulse Summer 2024

AUGUST

5 – Closed for Heritage Day

SEPTEMBER

2 – Closed for Labor Day
3 – 6 - No Programs/Support Groups in preparation for Step 'n Stride!
7 – Step 'n Stride Walk Day in Calgary, Edmonton, Lethbridge, Lloydminster & Red Deer
8 – Step 'n Stride Walk Day in Camrose, Cochrane, Grande Prairie & Medicine Hat
14 – Step 'n Stride Walk Day in Yellowknife
30 – Closed for Truth & Reconciliation Day

OCTOBER

14 – Closed for Thanksgiving
28-30 – In-Person Staff Meetings
THIS MONTH – Pulse Fall 2024

NOVEMBER

ALL MONTH – Annual Gift Campaign & Membership Renewal
ALL MONTH – Purdy's Holiday Campaign
2 – Hope Conference for Parkinson's
11 – Closed for Remembrance Day
END of MONTH – Winter Socials!

DECEMBER

ALL MONTH – Annual Gift Campaign & Membership Renewal
BEGINNING of MONTH – Winter Socials!
23 - 27 – Closed for Winter Break
30 – PAA Regular Operating Hours Return

STILL WORKING ON DATES FOR...

- Parkinson's Wellness Retreat

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 will change 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, online, and (in some cases) in-person. Appointments are up to 50 minutes in length and can be booked multiple times as necessary.

Telephone/Online/In-Person

Monday - Friday

By Appointment

Free!

SUPPORT GROUPS

Support Groups are offered online and in-person (group dependent) with advance registration required. For more information on Support Groups see pages 7 & 8.

PEER-TO-PEER SUPPORT

This program connects people with Parkinson's and/or their Care Partners who are seeking to learn about a lived experience in a specific situation to 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 person/situation.* Client Services Coordinators will determine if a suitable match is available.

This service is offered by appointment via telephone or online. Appointments are up to 50 minutes in length and may be booked multiple times at the discretion of a Client Services Coordinator.

Telephone/Online

Monday - Friday

By Appointment

Free!

STAY CONNECTED
WITH US ON SOCIAL MEDIA



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



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



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



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



AMBIGUOUS GRIEF & LOSS

The diagnosis of Parkinson disease or Parkinson's Plus is often not in our future plans or our plans for our loved ones and can result in experiences of grief and loss. This program, intended for individuals with Parkinson's and/or their care partners, is designed to help understand the grief and loss, while providing coping strategies through teaching, discussions, and real-world application.

This 4-week online program will run as indicated below. Advance registration is required by the date(s) indicated below.

Online (ZOOM)	Mondays	1:00PM – 2:30PM	Cost: \$30	Members (20% off): \$24
<i>Minimum to run: 5 Maximum: 10</i>				

• January 22 – February 12	Register By: January 4
• October 21 – November 25 (<i>no class October 28 & November 11</i>)	Register By: October 7

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 online program will run as indicated below. Advance registration is required by the date(s) indicated below.

Online (ZOOM)	Wednesdays	1:30PM – 3:00PM	Cost: \$30	Members (20% off): \$24
<i>Minimum to run: 5 Maximum: 10</i>				

• March 20 – April 24	Register By: March 4
• September 25 – October 30	Register By: September 9



TRANSITION TO CARE PROGRAM ◇

This program is for Care Partners with a loved one who is in or transitioning into care. Caring for a loved one with Parkinson's does not stop when they begin to require more personalized support and you are no longer the primary care giver; but it does begin to look and feel different. You will learn ways to implement yours and your partners personal wishes, be able to reflect on your feelings, experiences and develop skills that will help you navigate this next stage of the journey. You will learn ways to practice focusing on your own health and self-care, connect and learn from others in the group who are on their own path with Parkinson disease.

This 4-week online program will run as indicated below. Advance registration is required by the date(s) indicated below.

Online (ZOOM)	Fridays	10:00AM – 11:30AM	Cost: \$30	Members (20% off): \$24
<i>Minimum to run: 5</i>	<i>Maximum: 10</i>			

- October 4 – October 25

Register By: September 20

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 is a 6-week online program please reach out if you are interested in attending.

Online (ZOOM)	TBD	TBS	FREE!
<i>Minimum to run: 5</i>	<i>Maximum: 10</i>		

- TBD

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

Support Groups are a great way to learn and get connected to the Parkinson's community. Our Support Groups are led by trained facilitators and include updates, a 30-45 minute topical education/discussion session, a short break, and wrap up with a roundtable check-in where attendees have an opportunity to share experiences and ask questions.

Registration is required each month for every Support Group. If we do not have enough registrants by 9:00AM two business days prior to the Support Group date it will unfortunately be cancelled. For those signed up to receive PAA emails, you can register directly via the links included in our emails. You can also register by calling us toll-free **1-800-561-1911** or by reaching out via email at clientservices@parkinsonassociation.ca.

PROVINCIAL (ONLINE/CALL-IN ONLY)			
Care Partners – Advanced ◊ <i>for those whose loved ones with PD or PD+ are in or transitioning into Long Term Care</i>	3rd Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	10:00AM
Care Partners – General ◊ <i>for those whose loved one has PD or PD+</i>	2nd Tuesday	of every month	10:00AM
Care Partners – Young/Early Onset ◊ <i>for those Care Partners under 64 whose loved one was diagnosed with Parkinson's before the age of 50 (Young/Early Onset)</i>	2nd Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	6:30PM
DBS/Duodopa <i>for those who have had one of the surgical interventions for PD and their loved ones</i>	1st Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	1:30PM
Newly Diagnosed <i>for those newly diagnosed or who have had PD for less than 2 years and their loved ones</i>	3rd Thursday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	10:00AM
Parkinson's - General <i>for those whose have PD and their loved ones</i>	2nd Thursday	of every month	10:00AM
Parkinson's Plus (PSP, MSA, CBD, & DLB) <i>for those diagnosed with a Parkinson's Plus Syndrome and their loved ones</i>	1st Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	10:00AM
Solo PD <i>for those with PD who do not have a spouse or Care Partner</i>	2nd Thursday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	1:30PM
Widows ◊ <i>for Care Partners who have lost their loved one with PD or PD+</i>	3rd Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	2:30PM
Young/Early Onset (Under 50) <i>for those diagnosed Young/Early Onset who are under 50 and their loved ones</i>	1st Wednesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	7:00PM
Young/Early Onset (50-64) <i>for those diagnosed Young Onset and are now between the ages of 50 – 64 and their loved ones</i>	2nd Wednesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	7:00PM

REGIONAL SUPPORT GROUPS

CALGARY REGION			
Airdrie	2 nd Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	10:00AM
Calgary Care Partners ◇	3 rd Tuesday	Online: Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	1:30PM
Calgary NE	1 st Thursday	Jan, Feb, Mar, May, Jun, Oct, Nov	10:00AM
Calgary NW	1 st Tuesday	Jan, Feb, Mar, May, Jun, Oct, Nov	10:00AM
Calgary SE	4 th Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	10:00AM
Calgary SW	3 rd Thursday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	10:00AM
Canmore	2 nd Thursday	In-Person: Jan, May, Oct Online: Feb, Jun, Sep, Nov	1:30PM
Cochrane	2 nd Thursday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	10:00AM
High River/Nanton/Okotoks	4 th Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct	1:30PM
EDMONTON REGION			
Camrose	3 rd Tuesday	Jan, May, Sep <i>(This group alternates every other month with a social; in non-group months join our online Parkinson's General Support Group)</i>	10:00AM
Edmonton Care Partners ◇	1 st Thursday	Jan, Feb, Mar, May, Jun, Oct, Nov	10:00AM
Edmonton Central	1 st Thursday	Jan, Feb, Mar, May, Jun, Oct, Nov	1:30PM
Edmonton South	2 nd Wednesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	10:00AM
Fort Saskatchewan	4 th Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct	2:00PM
Leduc	2 nd Wednesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	1:30PM
Parkland <i>(Spruce Grove/Stony Plain)</i>	4 th Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct	10:30AM
St Albert	2 nd Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	10:00AM
Sherwood Park	2 nd Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	1:30PM
GRANDE PRAIRIE REGION			
Grande Prairie	1 st Wednesday	Jan, May, Oct <i>(This group alternates every other month with a social; in non-group months join our online Parkinson's General Support Group)</i>	10:00AM
LETHBRIDGE & MEDICINE HAT REGION			
Lethbridge	3 rd Thursday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	2:00PM
Medicine Hat	3 rd Wednesday	Jan, Mar, May, Sep & Nov	12:00PM
LLOYDMINSTER REGION			
Bonnyville	4 th Wednesday	Jan, May, Sep <i>(This group alternates every other month with a social; in non-group months join our online Parkinson's General Support Group)</i>	1:00PM
Lloydminster	4 th Thursday	Jan, Feb, Mar, May, Jun, Sep, Oct	1:30PM
Vermilion	4 th Thursday	Jan, Feb, Mar, May, Jun, Sep, Oct	10:30AM
NORTHWEST TERRITORIES & NORTHERN ALBERTA			
Northern Alberta & Northwest Territories	2 nd Thursday	Online every month	10:00AM
Yellowknife		Coming Soon!	
RED DEER REGION			
Lacombe	3 rd Wednesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	10:00AM
Olds	2 nd Tuesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	1:30PM
Red Deer	3 rd Wednesday	Jan, Feb, Mar, May, Jun, Sep, Oct, Nov	1:30PM

SEASONAL SOCIALS

Our seasonal Socials are a fun and relaxing way to connect with friends and meet new people! Join us in March/April for Parkinson's Awareness Month celebrations, July for an ode to Summer AND to kick off Step 'n Stride, and in November/December to wrap up the year and ring in the holiday season!

A note about registering for Socials: Like Support Groups and other programs, 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 by 9:00AM two (2) business days BEFORE your social is slated to take place to help ensure that it does not get cancelled due to low registration.**

CALGARY REGION	
Airdrie	April 9 - July 9 - December 10
Calgary	April 19 - July 19 - December 13
Canmore	March 14 - July 12 - December 12
Cochrane	April 12 - July 19 - December 12
High River/Nanton/Okotoks	April 23 - July 23 - November 26
Strathmore	April 4 - July 4 - December 5
EDMONTON REGION	
Camrose	March 19 - July 16 – November 19
Edmonton	April 4 - July 11 – December 6
Fort Saskatchewan	April 23 - July 23 - November 26
Leduc	April 10 - July 10 - December 12
Parkland (<i>Spruce Grove/Stony Plain</i>)	April 23 - July 23 - November 26
St Albert	April 9 - July 9 - December 10
Sherwood Park	April 9 - July 9 - December 3
GRANDE PRAIRIE REGION	
Grande Prairie	Mar 6 - July 3 - December 4
LETHBRIDGE/MEDICINE HAT REGION	
Lethbridge	April 18 - July 18 - December 11
Medicine Hat	April 17 - July 18 - December 10
LLOYDMINSTER REGION	
Bonnyville	March 27 - July 24 – November 27
Lloydminster	April 25 - July 25 – November 28
Vermilion	April 25 - July 25 – November 28
NORTHWEST TERRITORIES REGION	
Yellowknife	COMING SOON!
RED DEER REGION	
Lacombe	April 17 - July 10 – December 4
Olds	April 9 - July 9 – December 10
Red Deer	April 17 - July 10 – December 4
Rocky Mountain House	April 18 - July 11 – November 21

ACTIVE PROGRAMS - SOCIAL

PWP (People with Perseverance) EXERCISE SOCIAL CHAT GROUP **NEW PROGRAM****** *(formerly called Circuit Social)*

Are you a person with Parkinson's who regularly exercises and lives that keep moving/stay motivated lifestyle? Do you want to chat with others who also enjoy being active? Then grab a cup of coffee or your water bottle and join this ONLINE drop-in conversation/chat group designed specifically for you! Connect with others to share ideas, stories, goals, and keep each other motivated!

ONLINE

Every 2nd & 4th Tuesday

1:00PM – 2:00PM

Free!

No Group: Aug 13 & 27, Dec 24

ONLINE Link: <https://bit.ly/41aoScB>

Meeting ID: 896 3395 3265

Passcode: 236722



PARKINSON'S WELLNESS RETREAT

We are excited to share that plans are underway for our 2nd annual Parkinson's Wellness Retreat. We'll share details as soon as they are available.

Join members of the medical community and PAA Staff for a unique getaway for people with Parkinson's and their Care Partners. Individuals and couple's welcome! This multiple day retreat will include hiking and other physical activities, education in the form of fireside chat style conversations with medical professionals, creative endeavors, mindfulness work, and social time.

In 2023, twenty-six people joined Drs Davide Martino and Veronica Bruno and PAA staff for three days in the beautiful Rocky Mountains in Canmore. We had great conversations, went on a few hikes, practiced stretches, yoga, and mindfulness techniques, drummed, painted, and ate great food. We also laughed...a lot! Whether it was during the day, over drinks at a local pub or while making s'mores over a bonfire. We made great connections, and you will too at the 2024 Parkinson's Wellness Retreat. We hope to see you there!

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, please connect with a Client Services Coordinator to see if this program is a fit for you!

This 6-week ONLINE program will run as indicated below. Advance registration is required by the date(s) indicated below to ensure workbooks can be mailed and received in time.

Online (ZOOM)	Fridays	1:30PM – 3:00PM	Cost: \$30	Members (20% off): \$24
<i>Minimum to run: 5</i>		<i>Maximum: 15</i>		
• January 19 – February 23	Version #1	Register By: January 3		
• March 15 – April 26 (no class Good Friday)	Version #2	Register By: February 28		
• May 24 – June 28	Version #3	Register By: May 7		
• September 20 – October 25	Version #4	Register By: September 4		

JOIN OUR SAFE AND CARING COMMUNITY OF SUPPORT

BECOME A MEMBER

JOIN US

Membership has benefits! parkinsonassociation.ca

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 provides discounted program rates, an Aware in Care kit, and a voice/vote. Memberships are valid for one year from date of purchase.

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!

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. 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: 8</i>		<i>Maximum: 30</i>		
• January 10 – February 28	Register By: January 3	8 sessions	Cost: \$135	Members (20% off): \$108
• March 6 – April 24	Register By: February 26	8 sessions	Cost: \$135	Members (20% off): \$108
• May 1 – June 26	Register By: April 22	9 sessions	Cost: \$150	Members (20% off): \$120
• September 4 – October 30	Register By: August 26	9 sessions	Cost: \$150	Members (20% off): \$120
• November 6 – December 11	Register By: October 28	6 sessions	Cost: \$100	Members (20% off): \$80

SPEECH PRACTICE GROUP ****NEW PROGRAM****

Want to work on improving your speech and communication skills? This weekly ONLINE program is facilitator led and consists of 30 minutes of vocal and facial exercises. This ONLINE drop-in program is open to everyone.

ONLINE	Every Monday	1:00PM – 1:30PM	Free!
No classes: Jan 1, Feb 19, Apr 1, May 20, Jul 1, Aug 5, Sep 2, 9 & 30, Oct 14, Oct 28, Nov 11, or Dec 16, 23 & 30			
ONLINE Link: https://bit.ly/47Z3yJu Meeting ID: 873 0840 4325 Passcode: 470462			

SOCIAL SING

This weekly ONLINE 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 ONLINE drop-in program is open to everyone.

ONLINE	Every Friday	10:00AM – 11:00AM	Free!
No classes: Mar 29, May 17, Aug 2, Sep 6, Nov 1, Dec 20 & 27			
ONLINE Link: https://bit.ly/41c2Hmg Meeting ID: 821 9351 2946 Passcode: 505061			

ACTIVE PROGRAMS - PHYSICAL

Our exercise programs are categorized into three levels to make it easier to determine which class might be best for you.

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

Please note: 1) For group programs pro-rating is only available in limited circumstances, please speak with a Client Services Team member. 2) For 1:1 programs, cancellation with 24 hours or less notice will be required to pay in full for the appointment. For more information or to register contact 1-800-561-1911.

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

Physical assessments are a requirement prior to participation in PAA's Physical Programs in Edmonton; and annually thereafter. Physical assessments help our Team determine which program (or programs) will be the right fit for you!! They take approximately 30 minutes to complete and are done at our Edmonton Office. A credit card number is required to confirm your assessment.

In-Person - Edmonton **By Appointment** **Assessments -** **Cost: \$50 / Members (20% off): \$40**

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. A credit card number is required to confirm 1:1 appointments.

In-Person - Calgary **By Appointment** **50 minute sessions** **Cost: \$200 / Members (20% off): \$160**

In-Person - Edmonton **Wednesdays** **Afternoon Appointments** **Cost: \$105 / Members (20% off): \$84**

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 Online sessions.

ONLINE **By Appointment** **Five 30 minute sessions** **Cost: \$200 / Members (20% off): \$160**

BOOSTER FRIDAYS (Good for *Moderate* level)

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 with Paul 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.

ONLINE	Fridays	9:00AM – 10:00AM	# of Sessions/Cost
<i>Minimum to run: 4</i>		<i>Maximum: 10</i>	
• January 5 – February 23	Register By: December 22	8 sessions	Cost: \$160 Members (20% off): \$128
• March 1 – April 26 <i>(no class Mar 29)</i>	Register By: February 23	8 sessions	Cost: \$160 Members (20% off): \$128
• May 3 – June 28	Register By: April 19	9 sessions	Cost: \$175 Members (20% off): \$140
• July 5 – August 30	Register By: June 21	9 sessions	Cost: \$175 Members (20% off): \$140
• September 6 – October 25	Register By: August 23	8 sessions	Cost: \$160 Members (20% off): \$128
• November 1 – December 20	Register By: October 25	8 sessions	Cost: \$160 Members (20% off): \$128

UNDISPUTED BOXING - CALGARY (Good for *Challenging* and *Moderate* levels)

This boxing program is led by our wonderful boxing instructor Alex in Calgary. 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	10:30AM – 11:30AM	# of Sessions/Cost
<i>Minimum to run: 5</i>		<i>Maximum: 18</i>	
• January 10 – February 28 <i>(no class Feb 19)</i>	Register By: January 3	14 sessions	Cost: \$275 Members (20% off): \$220
• March 4 – April 29 <i>(no class Apr 1)</i>	Register By: February 23	16 sessions	Cost: \$315 Members (20% off): \$252
• May 1 – June 26 <i>(no class May 20)</i>	Register By: April 19	16 sessions	Cost: \$315 Members (20% off): \$252
• September 4 – October 30 <i>(no class Sep 30 or Oct 14)</i>	Register By: August 23	15 sessions	Cost: \$295 Members (20% off): \$236
• November 4 – December 11 <i>(no class Nov 11)</i>	Register By: October 25	11 sessions	Cost: \$220 Members (20% off): \$176

RUMBLE BOXING - CALGARY (Good for **Moderate** levels)

Get ready to RUMBLE with our **NEW** boxing program! The program is tailored to those living with Parkinson's and will include a comprehensive introduction to boxing (punches, defensive moves, and flow combinations), skill development, physical conditioning, and consistent moving. The program will combine use of the heavy weight bags and personal training components. The dedicated team at Rumble will ensure safety, individualization, support, and consistency. *Boxing gloves will be provided by Rumble. Please plan to bring your own hand wraps or purchase a set from Rumble for \$15.*

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

In-Person - Calgary	Monday, Wednesday & Fridays	10:15AM –11:15AM	# of Sessions/Cost	
<i>Minimum to run: 3</i>		<i>Maximum: 5</i>		
• July 3 – August 30 <i>(no class August 5)</i>	Register By: June 21	25 sessions	Cost: \$600	Members (20% off): \$500
• September 4 – October 30 <i>(no class Sep 30 or Oct 14)</i>	Register By: August 23	23 sessions	Cost: \$552	Members (20% off): \$460
• November 1 – December 20 <i>(no class Nov 11)</i>	Register By: October 25	21 sessions	Cost: \$504	Members (20% off): \$420

BOXING - EDMONTON (Good for **Challenging** or **Moderate** levels)

Join Gasper and Stan in Edmonton for a high-energy program tailored for people with Parkinson's.

NEW THIS YEAR – Two program levels – **Boxing I** is our **Challenging** level, while **Boxing II** is our **Moderate** level. Both programs focus on action exercises to build strength, power, flexibility, hand-eye coordination, and balance. No boxing experience necessary, however **an annual assessment is required to participate in this program; your assessment will determine which class you will participate in.**

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

BOXING I (Good for **Challenging** level) (work with 2 coaches)

In-Person - Edmonton	Monday & Wednesdays	9:30AM – 11:00AM	# of Sessions/Cost	
<i>Minimum to run: 11</i>		<i>Maximum: 18</i>		
• January 3 – February 28 <i>(no class Feb 19)</i>	Register By: December 22	16 sessions	Cost: \$290	Members (20% off): \$232
• March 4 – April 29 <i>(no class Apr 1)</i>	Register By: February 23	16 sessions	Cost: \$290	Members (20% off): \$232
• May 1 – June 26 <i>(no class May 20)</i>	Register By: April 19	16 sessions	Cost: \$290	Members (20% off): \$232
• July 3 – August 28 <i>(no class Jul 1 or Aug 5)</i>	Register By: June 21	16 sessions	Cost: \$290	Members (20% off): \$232
• September 4 – October 30 <i>(no class Sep 2, Sep 30, or Oct 14)</i>	Register By: August 23	15 sessions	Cost: \$270	Members (20% off): \$216
• November 4 – December 18 <i>(no class Nov 11)</i>	Register By: October 25	13 sessions	Cost: \$230	Members (20% off): \$184

BOXING II (Good for **Moderate** level) (work with 1 coach in a smaller class)

In-Person - Edmonton	Tuesdays & Thursdays	9:30AM – 11:00AM	# of Sessions/Cost	
<i>Minimum to run: 6</i>		<i>Maximum: 10</i>		
• January 2 – February 29	Register By: December 22	18 sessions	Cost: \$300	Members (20% off): \$240
• March 5 – April 29	Register By: February 23	17 sessions	Cost: \$280	Members (20% off): \$224
• May 2 – June 27	Register By: April 19	17 sessions	Cost: \$280	Members (20% off): \$224
• July 2 – August 29	Register By: June 21	18 sessions	Cost: \$300	Members (20% off): \$240
• September 3 – October 31	Register By: August 23	18 sessions	Cost: \$300	Members (20% off): \$240
• November 5 – December 19	Register By: October 25	14 sessions	Cost: \$235	Members (20% off): \$188

CIRCUIT – IN-PERSON (Edmonton) and ONLINE options (Good for **Challenging** or **Moderate** levels)

Join Paul for these twice-weekly full body workouts tailored for people with Parkinson's.

NEW THIS YEAR – Two program levels – **Circuit I** is our high-intensity **Challenging** level, while **Circuit II** is our **Moderate** level. Both programs focus on a circuit of exercises to build strength, improve cardio and overall fitness. **An annual assessment is required to participate in this program; your assessment will determine which class you will participate in.**

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

In-Person - Edmonton	Tuesdays & Thursdays	9:00AM – 10:30AM	# of Sessions/Cost	
<i>Minimum to run: 6</i>		<i>Maximum: 10</i>		
• January 2 – February 29	Register By: December 22	18 sessions	Cost: \$380	Members (20% off): \$304
• March 5 – April 29	Register By: February 23	17 sessions	Cost: \$365	Members (20% off): \$292
• May 2 – June 27	Register By: April 19	17 sessions	Cost: \$365	Members (20% off): \$292
• July 2 – August 29	Register By: June 21	18 sessions	Cost: \$380	Members (20% off): \$304
• September 10 – October 31	Register By: August 23	16 sessions	Cost: \$340	Members (20% off): \$272
• November 5 – December 19	Register By: October 25	14 sessions	Cost: \$300	Members (20% off): \$240

CIRCUIT II – ONLINE) (Good for *Moderate* level)

Join Paul for these twice-weekly full body workouts tailored for people with Parkinson's. This program focuses on exercises to build strength, improve cardio and overall fitness.

ONLINE or IN-PERSON	Tuesdays & Thursdays	11:00AM – 12:00PM	# of Sessions/Cost
<i>Minimum to run: 6</i>		<i>Maximum: 15</i>	
• January 2 – February 29	Register By: December 22	18 sessions	Cost: \$255 Members (20% off): \$204
• March 5 – April 29	Register By: February 23	17 sessions	Cost: \$240 Members (20% off): \$192
• May 2 – June 27	Register By: April 19	17 sessions	Cost: \$240 Members (20% off): \$192
• July 2 – August 29	Register By: June 21	18 sessions	Cost: \$255 Members (20% off): \$204
• September 10 – October 31	Register By: August 23	16 sessions	Cost: \$230 Members (20% off): \$184
• November 5 – December 19	Register By: October 25	14 sessions	Cost: \$200 Members (20% off): \$160

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

This mid-level exercise program with Paul will get your heart rate up and body moving while focusing on improving and/or maintaining strength, balance, and flexibility. *An annual assessment is required to participate in this program.*

In-Person - Edmonton	Mondays & Wednesdays	11:00AM – 12:00PM	# of Sessions/Cost
<i>Minimum to run: 6</i>		<i>Maximum: 15</i>	
• January 3 – February 28 <i>(no class Feb 19)</i>	Register By: December 22	16 sessions	Cost: \$225 Members (20% off): \$180
• March 4 – April 29 <i>(no class Apr 1)</i>	Register By: February 23	16 sessions	Cost: \$225 Members (20% off): \$180
• May 1 – June 26 <i>(no class May 20)</i>	Register By: April 19	16 sessions	Cost: \$225 Members (20% off): \$180
• July 3 – August 28 <i>(no class Jul 1 or Aug 5)</i>	Register By: June 21	16 sessions	Cost: \$225 Members (20% off): \$180
• September 9 – October 30 <i>(no class Sep 30 or Oct 14)</i>	Register By: August 23	14 sessions	Cost: \$200 Members (20% off): \$160
• November 4 – December 18 <i>(no class Nov 11)</i>	Register By: October 25	13 sessions	Cost: \$185 Members (20% off): \$148

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

Join Paul at this program designed for people who have moderate to significant mobility and/or balance issues but want to remain active and maintain range of motion.

NEW THIS YEAR – Two *Light* program levels – **Sit 'n Stand I** is for those who have a bit more mobility, while **Sit 'n Stand II** is for those who are a bit more restricted in their mobility. Both programs focus on increasing strength, improving posture, and practicing functional movements in a safe environment. **An annual assessment is required to participate in this program;** your assessment will determine which class you will participate in.

In-Person - Edmonton	Mondays & Wednesdays	Sit 'n Stand II (9:00AM – 10:00AM) Sit 'n Stand I (10:00AM – 11:00AM)	# of Sessions/Cost
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Minimum to run: **7** Maximum: **12**

<ul style="list-style-type: none"> January 3 – February 28 <i>(no class Feb 19)</i> 	Register By: December 22	16 sessions	Cost: \$390 Members (20% off): \$312
<ul style="list-style-type: none"> March 4 – April 29 <i>(no class Apr 1)</i> 	Register By: February 23	16 sessions	Cost: \$390 Members (20% off): \$312
<ul style="list-style-type: none"> May 1 – June 26 <i>(no class May 20)</i> 	Register By: April 19	16 sessions	Cost: \$390 Members (20% off): \$312
<ul style="list-style-type: none"> July 3 – August 28 <i>(no class Jul 1 or Aug 5)</i> 	Register By: June 21	16 sessions	Cost: \$390 Members (20% off): \$312
<ul style="list-style-type: none"> September 9 – October 30 <i>(no class Sep 30 or Oct 14)</i> 	Register By: August 23	14 sessions	Cost: \$340 Members (20% off): \$272
<ul style="list-style-type: none"> November 4 – December 18 <i>(no class Nov 11)</i> 	Register By: October 25	13 sessions	Cost: \$315 Members (20% off): \$252

The graphic features a family of four (a woman, a man, and two children) smiling and holding a large sign that says "Step 'n Stride #UNSHAKEABLE". The sign also includes the Parkinson Association logo and the website "parkinsonassociation.ca". To the right of the family is the "Step 'n Stride" logo with the tagline "#UNSHAKEABLE". Below the logo, it says "SATURDAY & SUNDAY SEPTEMBER 7 & 8" and "10 COMMUNITIES ACROSS ALBERTA & NORTHWEST TERRITORIES". At the bottom, there are three bullet points: "Start a Team or Join a Team!", "Family-Friendly Fun", and "Food, Beverages & Entertainment". A dark blue button at the bottom right says "STEPNSTRIDE.COM".

EDUCATION PROGRAMS – 101 EDUCATION SERIES

Quality information is key to make the best decisions for yourself and/or your loved ones. Our 101 Education Series offers sessions on a number of topics about- or related to life with- Parkinson disease and Parkinson’s Plus Syndromes. These topics are the most commonly asked about and are presented in an introductory manner, which is why we created this series in an homage to the number (101) often associated with introductory/first year classes.

These education sessions are offered on ONLINE and are open to anyone. **PD 101 takes place on the last Thursday of every month (except December); while the rest of the 101 series take place on either the 2nd Monday or 4th Wednesday of every month (except August and December).**

Each 101 session includes a 45 minute presentation followed by a discussion period where you can ask questions. **Registration is required a minimum of one (1) business day in advance to ensure a link can be sent to you.**

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, support options available, and more.

ONLINE	LAST Thursday of Month	FREE!
• January 25 at 10:00AM and 6:30PM		• July 25 at 10:00AM and 6:30PM
• February 29 at 10:00AM and 6:30PM		• August 29 at 10:00AM and 6:30PM
• March 28 at 10:00AM and 6:30PM		• September 26 at 10:00AM and 6:30PM
• April 25 at 10:00AM and 6:30PM		• October 31 at 10:00AM and 6:30PM
• May 30 at 10:00AM and 6:30PM		• November 28 at 10:00AM and 6:30PM
• June 27 at 10:00AM and 6:30PM		• December – no sessions

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, explain how they differ from each other and from Parkinson disease, and more.

ONLINE	FREE!
• May 22 at 10:00AM	• October 23 at 10:00AM

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.

ONLINE	FREE!
<ul style="list-style-type: none">January 8 at 10:00AM	<ul style="list-style-type: none">May 13 at 10:00AM
<ul style="list-style-type: none">March 11 at 7:00PM	<ul style="list-style-type: none">September 9 at 7:00PM

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, who a good candidate might be, and more.

ONLINE	FREE!
<ul style="list-style-type: none">January 24 at 10:00AM	<ul style="list-style-type: none">June 10 at 7:00PM
<ul style="list-style-type: none">April 24 at 7:00PM	<ul style="list-style-type: none">August 12 at 10:00AM

Advance Care Planning 101 – An Introduction to Advance Care Planning for Parkinson's

Many people mistakenly believe that Advance Care Planning is just about planning for end of life, when in reality it is so much more! Do you want to know more about what it is, what it isn't, and why it's important? If you answered yes to any of those questions, then this education session is for you!

ONLINE	FREE!
<ul style="list-style-type: none">April 8 at 10:00AM	<ul style="list-style-type: none">July 24 at 10:00AM

Government Resources 101 – An Introduction to Government Resources and Benefits

Are you curious about Government resources that might be available to you? In these sessions we'll go over a variety of federal and provincial programs, benefits, and tax credits. This education session offers two different presentations – one for those **under the age of 65** and one for those **65 and over**.

ONLINE	FREE!
For those 65 and OVER	
<ul style="list-style-type: none">February 12 at 10:00AM	<ul style="list-style-type: none">July 8 at 10:00AM
For those UNDER 65	
<ul style="list-style-type: none">February 28 at 7:00PM	<ul style="list-style-type: none">June 26 at 7:00PM

Home Care 101 – An Introduction to Understanding Home Care Access and Options ****NEW PROGRAM****

Accessing home care can improve independence, reduce caregiver burnout, and has the potential to help you/your loved one stay at home safely, longer. This session will go over what home care is and is not, who can access it, and the different options available to you.

ONLINE

FREE!

- November 27 at 10:00AM

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.

ONLINE

FREE!

- March 27 at 10:00AM
- September 25 at 10:00AM

Hope Conference 2024

Virtual & In-Person Options Available
Watch for details at parkinsonassociation.ca

Save
the
Date

Saturday,
November 2
9AM-2:30PM

 **Parkinson**
Association of Alberta

EDUCATION PROGRAMS

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. **Registration is required by 9:00AM one (1) business day in advance to ensure a link can be sent to you.**

Looking for a different topic? Our YouTube channel has playlists dedicated to our past webinars! Find them here at <https://www.youtube.com/@ParkinsonAlbertaCa>

ONLINE

FREE!

- February 7 at 6:00PM **Connections: Relationships & Parkinson's** presented by **PAA Staff** Register by: January 29

Whether you've been married for decades, are dipping your toes into the dating pool, looking to make new friends, or just not sure when/if to share your diagnosis with others this webinar is for you! With over 40 years of combined experience working with those impacted by Parkinson disease and Parkinson's Plus Syndromes and backgrounds in Communications, Social Work, and Nursing our Team is excited to share this unique presentation with you. Join us as we navigate the ins and outs of maintaining existing, and forging new connections when one has been impacted by Parkinson's.

- May 1 at 1:30 PM **Parkinson's Medications** presented by **Dr. Vikram Karnik** Register by: April 22

Eventually, and inevitably people with Parkinson disease will need to take medications to help address both motor and non-motor symptoms. Join Dr. Vikram Karnik, Site Lead for Clinical Neurosciences at South Health Campus and the Adult Neurology Residency Program Director, as he goes over the different medications people with Parkinson's are likely to encounter – why you take them, how they work, what they do (and do not) do, common side effects, etc.

- July 3 at 1:30PM **Understanding Constipation and Orthostatic Hypotension** presented by **Dr. Joyce Lee** Register by: June 24

Join Dr. Joyce Lee, lead of the Geriatric Parkinson's Assessment Program at the Parkinson's and Movement Disorders Program in Edmonton as she presents on two of the more common non-motor symptoms that can occur in Parkinson's – Constipation AND Orthostatic Hypotension (low blood pressure). Find out about the role Parkinson's plays in these symptoms and what you can do to help alleviate them.

- October 2 at TBD **The XX Factor – Women & PD** presented by **Dr. Veronica Bruno** Register by: September 23

Calling all ladies with Parkinson's! Childbearing, menopause, and other research-identified issues tells us that the experience of having PD as a woman is different than that of a man. Additionally, according to Stanford Medicine "Studies indicate that women with PD report different symptoms, more often report side effects and changes in their symptoms throughout the day ("fluctuations") and receive (unintended) lower quality healthcare than men. Join Dr. Veronica Bruno, neurologist, movement disorders specialist, researcher, and educator for this unique presentation and conversation.

ASK AN EXPERT Q&A SESSIONS ****NEW PROGRAM****

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.

ONLINE		FREE!
• January 3 at 1:30PM	Dr. Fang Ba, Neurologist	Register by: December 22
• March 6 at 1:30PM	Jennifer Krysa, Occupational Therapist	Register by: February 26
• June 5 at 10:00AM	Chad Diebold, Speech Language Pathologist	Register by: May 27
• December 4 at 1:30PM	Dr. Fang Ba, Neurologist	Register by: November 25

HOPE CONFERENCE 2024

Our largest educational event of the year, and a highlight for many, is our annual Hope Conference! In 2023 over 300 people participated online and 100 more took part via our in-person viewing parties. With presentations from both national and international Parkinson's experts, attendees have an opportunity to learn about various aspects of Parkinson's from a medical, research, and/or practical perspective AND ask questions in real time. More details will be on our website as they become available.

SATURDAY, NOVEMBER 2 9:00AM – 2:30PM

ONLINE

IN-PERSON VIEWING PARTIES

Calgary

Edmonton

Lethbridge

Red Deer

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 the Alberta Health Services portal or by calling **1-844-527-1160**. You will need the following information to register: email address, Alberta healthcare number, first and last name, date of birth, postal code, and phone number.

ONLINE

Free!

Parkinson's Medications

Link to register: <https://bit.ly/41PR5pw>

- February 22 1:00PM – 3:00PM
- June 6 1:00PM – 3:00PM
- October 24 1:00PM – 3:00PM

Speech & Swallowing

Link to register: <https://bit.ly/3tVzbF7>

- January 24 10:00AM – 12:00PM
- June 12 10:00AM – 12:00PM
- October 16 10:00AM – 12:00PM