

2025 Provincial Program Calendar

January – December
Version 01



Are you ready to “**Activate Your Year**”? Our 2025 Program Calendar offers you a variety of ways to get active.

- **Activate your Mind** with our many education opportunities or our Thinking, Memory & Concentration Program.
- **Activate your Body** with physical programs through PAA or in your community (we can help you find something where you live)!
- **Activate your Spirit** by connecting with the Parkinson’s Community be it through a social event, program, or support group.
- **Activate Balance** in your everyday through purpose, play, and rest!

Parkinson Association of Alberta offers 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!

Of Note....

- ***NEW*** Look for this notation to find new programs, groups, and activities.
- **Membership has its privileges!** We are pleased to offer those with a valid PAA Membership **20% off our programs!**
- **Don’t forget to register!** Be sure to note registration deadline details for programs and support groups.
- **Stay Connected** Sign up to receive PAA emails, including a monthly Program & Support Group Reminder (sent out mid-month) detailing the upcoming month’s activities in your Region (including registration links!)

Call us toll-free **1-800-561-1911** or reach out to us via email at clientservices@parkinsonassociation.ca to get signed up.

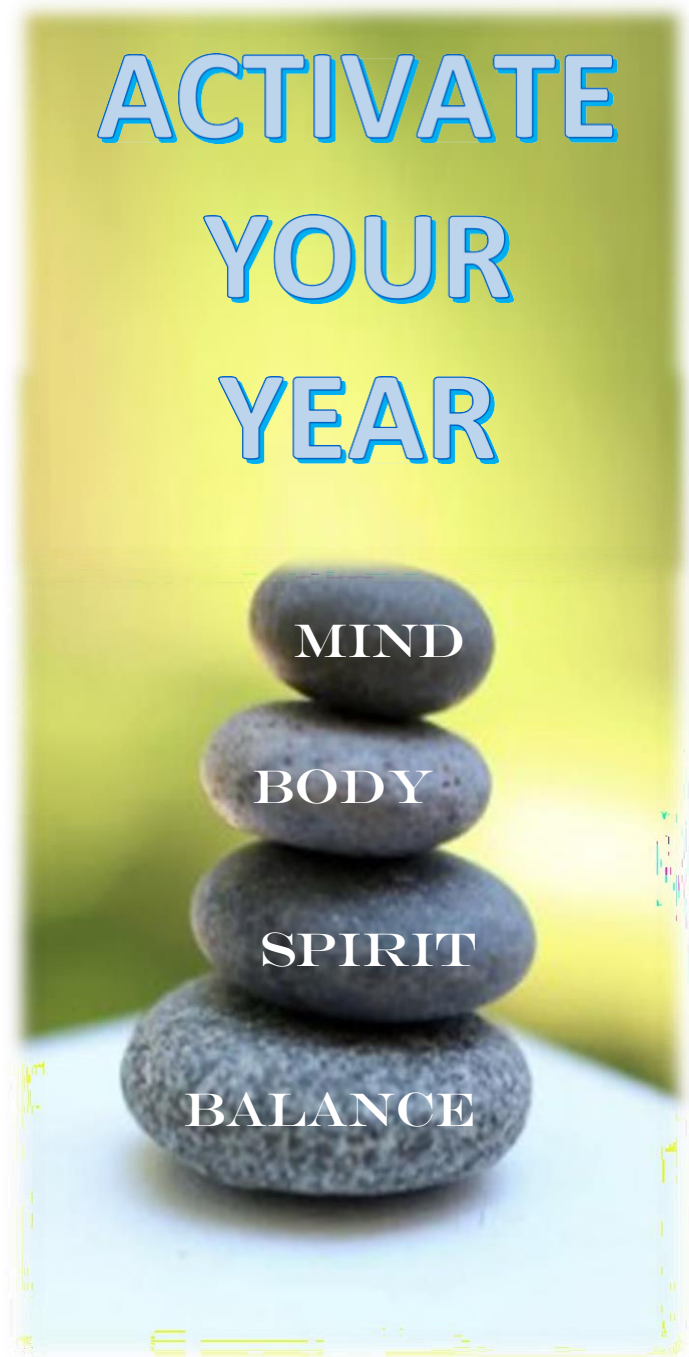


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To register for any program, or for more information please call toll-free 1-800-561-1911

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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 programs 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 Care Partner-specific program, or as is the case with Support Groups Care Partner-specific options are available.

○ – indicates a program specifically for the adult children of people with Parkinson's

IMPORTANT DATES

JANUARY

1 – Closed for New Year's Day
2 – PAA Regular Operating Hours Return
THIS MONTH – Pulse Winter 2025

FEBRUARY

17 – Closed for Family Day

MARCH

APRIL

ALL MONTH – Parkinson's Awareness Month!
ALL MONTH – Spring Socials!
11 – World Parkinson's Day – Stand Up for Parkinson's Events
18 – Closed for Good Friday
21 – Closed for Easter Monday
THIS MONTH – Pulse Spring 2025

MAY

ALL MONTH – Care Partner/Caregiver Awareness Month
19 – Closed for Victoria Day
24 – Annual General Meeting
24 – Luncheon for a Purpose
THIS MONTH – 2025 ImPAAct Report

JUNE

JULY

ALL MONTH – Summer Socials & Step 'n Stride Kickoff Events!
1 – Closed for Canada Day
THIS MONTH – Pulse Summer 2025

AUGUST

4 – Closed for Heritage Day

SEPTEMBER

1 – Closed for Labor Day
2 – 5 - No Programs/Support Groups in preparation for Step 'n Stride!
6, 7 & 13 – Step 'n Stride Walk Days in Alberta & Northwest Territories
30 – Closed for Truth & Reconciliation Day

OCTOBER

13 – Closed for Thanksgiving
THIS MONTH – Pulse Fall 2025

NOVEMBER

ALL MONTH – Season of Giving Campaign & Membership Renewal
1 – Hope Conference for Parkinson's
11 – Closed for Remembrance Day
END of MONTH – Winter Socials!

DECEMBER

ALL MONTH – Season of Giving Campaign & Membership Renewal
ALL MONTH – Winter Socials!
January 5 – PAA Regular Operating Hours Return

STILL WORKING ON DATES FOR...

- 3rd Annual Parkinson's Wellness Retreat
- Cars for a Cause
- Pandemonium for Parkinson's
- Spring & Fall In-Person Staff Meetings
- Winter Break

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 an Atypical Parkinsonism Diagnosis, providing care/support to a loved one with an Atypical Parkinsonism 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)



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



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



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: 4 Maximum: 10</i>				

<ul style="list-style-type: none"> • March 3 – March 24 	Register By: February 17
<ul style="list-style-type: none"> • October 20 – November 10 	Register By: October 6

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-judgmental 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)	See Below	1:30PM – 3:00PM	Cost: \$30	Members (20% off): \$24
<i>Minimum to run: 5 Maximum: 10</i>				

<ul style="list-style-type: none"> • January 22 – February 26 	Wednesdays	Register By: January 6
<ul style="list-style-type: none"> • May 8 – June 12 	Thursdays	Register By: April 28



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>		
<ul style="list-style-type: none"> • May 9 – May 30 			Register By: April 28	
<ul style="list-style-type: none"> • November 7 – November 28 			Register By: October 27	

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. **Once we have 3 participants interested, we will contact those interested to determine a day/time to run.**

Online (ZOOM)	TBD	TBD	FREE!
<i>Minimum to run: 3</i>		<i>Maximum: 10</i>	

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.

E-mail

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 (in-person), and wrap up with a roundtable check-in where attendees have an opportunity to share experiences and ask questions.

Registration is required **two full business days prior** to the Support Group date each month. Register via links in our e-newsletters, on our website, by calling toll-free **1-800-561-1911** or via email at clientservices@parkinsonassociation.ca.

PROVINCIAL (ONLINE/CALL-IN ONLY)

Atypical Parkinsonism (formerly Parkinson's Plus) <i>for those diagnosed with Atypical Parkinsonism and their loved ones</i>	10:00AM - 1st Tuesday – Jan 7, Feb 4, Mar 4, May 6, Jun 3, Sep 2, Oct 7, Nov 4
Care Partners – Advanced ◇ <i>for those whose loved ones with PD or Atypical Parkinsonism are in or transitioning into Long Term Care</i> *NEW DATE*	10:00AM - 4th Wednesday – Jan 22, Feb 26, Mar 26, May 28, Jun 25, Sep 24, Oct 22, Nov 26
Care Partners – General ◇ <i>for those whose loved one has PD or Atypical Parkinsonism</i>	10:00AM - 2nd Tuesday - every month - Jan 14, Feb 11, Mar 11, Apr 8, May 13, Jun 10, Jul 8, Aug 12, Sep 9, Oct 14, Nov – no group , Dec 9
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>	6:30PM - 2nd Tuesday – Jan 14, Feb 11, Mar 11, May 13, Jun 10, Sep 9, Oct 14, Nov – No group
DBS/Duodopa/Vyalev <i>for those who have undergone one of these interventions for PD and their loved ones</i>	1:30PM - 1st Tuesday – Jan 7, Feb 4, Mar 4, May 6, Jun 3, Sep 2, Oct 7, Nov 4
Newly Diagnosed <i>for those newly diagnosed or who have had PD for less than 2 years and their loved ones</i> *NEW DATE*	10:00AM - 1st Thursday – every month - Jan 2, Feb 6, Mar 6, Apr 3, May 1, Jun 5, Jul 3, Aug 7, Sep 4, Oct 2, Nov 6, Dec 4
Parkinson's - General <i>for those whose have PD and their loved ones</i>	10:00AM - 2nd Thursday - every month - Jan 9, Feb 13, Mar 13, Apr 10, May 8, Jun 12, Jul 10, Aug 14, Sep 11, Oct 9, Nov 13, Dec 11
Parkinson's General – Under 65 *NEW GROUP* <i>for those with PD and their loved ones who are under the age of 65</i>	6:30PM - 2nd Wednesday – Jan 8, Feb 12, Mar 12, May 14, Jun 11, Sep 10, Oct 8, Nov 12
Solo PD <i>for those with PD who do not have a spouse or Care Partner</i>	1:30PM - 2nd Thursday – Jan 9, Feb 13, Mar 13, May 8, Jun 12, Sep 11, Oct 9, Nov 13
Widows ◇ <i>for Care Partners who have lost their loved one with PD or Atypical Parkinsonism</i>	1:30PM - 3rd Tuesday – Jan 21, Feb 18, Mar 18, May 20, Jun 17, Sep 16, Oct 21, Nov 18
Young/Early Onset - Under 55 <i>for those diagnosed Young/Early Onset who are under 55 and their loved ones</i>	7:00PM - 1st Wednesday – Jan – No group Feb 5, Mar 5, May 7, Jun 4, Sep 3, Oct 1, Nov 5

REGIONAL SUPPORT GROUPS

CALGARY REGION	
Airdrie	10:00AM - 2 nd Tuesday – Jan 14, Feb 11, Mar 11, Apr 8, May 13, Jun 10, Jul 8, Aug 12, Sep 9, Oct 14, Nov – no group , Dec 9
Calgary Care Partners ◇	1:30PM - 3 rd Tuesday - ONLINE: Jan 21, Feb 18, Mar 18, May 20, Jun 17, Sep 16, Oct 21, Nov 18
Calgary North	10:00AM - 1 st Tuesday - Jan 7, Feb 4, Mar 4, May 6, Jun 3, Sep 2, Oct 7, Nov 4
Calgary SE	10:00AM - 4 th Tuesday - Jan 28, Feb 25, Mar 25, May 27, Jun 24, Sep 23, Oct 28
Calgary SW	10:00AM - 3 rd Thursday - Jan 16, Feb 20, Mar 20, May 15, Jun 19, Sep 18, Oct 16, Nov 20
Canmore	1:30PM - 2 nd Thursday – Feb 13, Apr 10, Jun 12, Sep 11, Nov 13
Cochrane	10:00AM - 2 nd Thursday - Jan 9, Feb 13, Mar 13, May 8, Jun 12, Sep 11, Oct 9, Nov 13
High River /Okotoks	1:30PM - 4 th Tuesday - Jan 28, Feb 25, Mar 25, May 27, Jun 24, Sep 23, Oct 28
EDMONTON REGION	
Camrose	10:00AM - 3 rd Tuesday – Jan 21, Mar 18, May 20, Sep 16
Edmonton Care Partners ◇	10:00AM - 1 st Thursday - Jan 2, Feb 6, Mar 6, Apr 3, May 1, Jun 5, Jul 3, Aug 7, Sep 4, Oct 2, Nov 6, Dec 4
Edmonton South	10:30AM - 2 nd Wednesday - Jan 8, Feb 12, Mar 12, May 14, Jun 11, Sep 10, Oct 8, Nov 12
Fort Saskatchewan	2:00PM - 4 th Tuesday - Jan 28, Feb 25, Mar 25, May 27, Jun 24, Sep 23, Oct 28
Leduc	1:30PM - 2 nd Wednesday - Jan 8, Feb 12, Mar 12, May 14, Jun 11, Sep 10, Oct 8, Nov 12
Parkland <i>(Spruce Grove/Stony Plain)</i>	10:30AM - 4 th Tuesday - Jan 28, Feb 25, Mar 25, May 27, Jun 24, Sep 23, Oct 28
St Albert	10:00AM - 2 nd Tuesday - Jan 14, Feb 11, Mar 11, Apr 8, May 13, Jun 10, Jul 8, Aug 12, Sep 9, Oct 14, Nov – no group , Dec 9
Sherwood Park	1:30PM - 2 nd Tuesday - Jan 14, Feb 11, Mar 11, Apr 8, May 13, Jun 10, Jul 8, Aug 12, Sep 9, Oct 14, Nov – no group , Dec 9
GRANDE PRAIRIE REGION	
Grande Prairie	11:00AM – 3 rd Wednesday – Jan 15, Mar 19, May 21, Oct 15
LETHBRIDGE & MEDICINE HAT REGION	
Lethbridge	2:00PM - 3 rd Thursday - Jan 16, Feb 20, Mar 20, May 15, Jun 19, Sep 18, Oct 16, Nov 20
Medicine Hat	12:00PM - 3 rd Wednesday - Jan 15, Mar 19, May 21, Sep 17
LLOYDMINSTER REGION	
Bonnyville	1:00PM - 4 th Wednesday – Feb 26, Apr 23, Jun 25, Sep 24, Nov 26
Lloydminster	1:30PM - 4 th Thursday - Jan 23, Feb 27, Mar 27, May 22, Jun 26, Sep 25, Oct 23
Vermilion	10:30AM - 4 th Thursday – Feb 27, May 22, Sep 25, Nov 27
NORTHWEST TERRITORIES & NORTHERN ALBERTA	
Northern Alberta & Northwest Territories	10:00AM - 2 nd Thursday – ONLINE: Jan 9, Feb 13, Mar 13, Apr 10, May 8, Jun 12, Jul 10, Aug 14, Sep 11, Oct 9, Nov 13, Dec 11
Yellowknife	1:30PM – 3 rd Tuesday – Jan 21, Feb 18, Mar 18, Apr 21, May 20, Jun 17, Sep 16, Oct 21, Nov 18
RED DEER REGION	
Lacombe	10:00AM - 3 rd Wednesday - Jan 15, Feb 19, Mar 19, May 21, Jun 18, Sep 17, Oct 15
Olds	1:30PM - 2 nd Tuesday - Jan 14, Feb 11, Mar 11, May 13, Jun 10, Sep 9, Oct 14, Nov – no group
Red Deer	1:30PM - 3 rd Wednesday - Jan 15, Feb 19, Mar 19, May 21, Jun 18, Sep 17, Oct 15, Nov 19

Some communities run Seasonal Socials in lieu of Support Groups – please see next page for dates.

SEASONAL SOCIALS

Our seasonal Socials are a fun and relaxing way to connect with friends and meet new people! Join us in 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. **Please register at least two (2) full 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 8 - July 8 - December 9
Calgary	April 1 - July 18 - December 12
Cochrane	April 10 - July 18 - December 11
High River/Nanton/Okotoks	April 22 - July 22 - November 25
EDMONTON REGION	
Camrose	July 15 – November 18
Edmonton	April 4 - July 10 - December 5
Fort Saskatchewan	April 22 - July 22 - November 25
Leduc	April 9 - July 9 - December 10
Parkland (<i>Spruce Grove/Stony Plain</i>)	April 22 - July 22 - November 25
St Albert	April 8 - July 8 - December 9
Sherwood Park	April 8 - July 8 - December 2
GRANDE PRAIRIE REGION	
Grande Prairie	July 16 – December 3
LETHBRIDGE/MEDICINE HAT REGION	
Lethbridge	April 17 - July 17 - December 11
Medicine Hat	July 17 - November 19
LLOYDMINSTER REGION	
Lloydminster	April 24 - July 24 - November 27
NORTHWEST TERRITORIES REGION	
Yellowknife	June 17
RED DEER REGION	
Lacombe	April 16 - July 16 - November 19
Olds	April 8 - July 8 - December 9
Red Deer	April 16 - July 16 - December 10

ACTIVE PROGRAMS - SOCIAL

SOCIAL CHAT GROUP **NEW PROGRAM**

Did you know social isolation is bad for your health? Meeting new people, sharing a laugh, and staying connected are great ways to boost your mood, outlook, and overall health.

Our Social Chat Group is a light-hearted, drop-in social space where people impacted by Parkinson's can meet new people, get to know others in the Parkinson's community, share some laughs, and chat about life beyond Parkinson disease. After all, this community is so much MORE than a diagnosis.

Grab yourself a cup of coffee, tea, etc. and join us online!

*** If you are looking for a more formalized supportive setting, please join one of our 40 Support Groups (See pages 7 & 8)*

ONLINE

4th Thursday

1:00PM – 2:00PM

Free!

No Group in December

ONLINE Link: <https://bit.ly/4grwFJA>

Meeting ID: **811 1662 3651**

Passcode: **654882**

PARKINSON'S WELLNESS RETREAT

We are excited to share that plans are underway for our 3rd 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 couples' welcome! This multi-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 2024, twenty-eight people joined Drs Fang Ba and Davide Martino as well as 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 2025 Parkinson's Wellness Retreat. Watch for details coming soon!



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 24 – February 28	Version #1	Register By: January 13		
• March 14 – April 25 (<i>no class Good Friday</i>)	Version #2	Register By: March 3		
• May 23 – June 27	Version #3	Register By: May 12		
• September 19 – October 24	Version #4	Register By: September 8		
• November 7 – December 12	Version #5	Register By: October 27		

JOIN OUR SAFE AND CARING COMMUNITY OF SUPPORT
 BECOME A MEMBER

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 magazine 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

SPEECH PRACTICE GROUP

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: Feb 17, Apr 21, May 19, Jun 30, Aug 4, Sep 1, Sep 8, Oct 13, Nov 10, Dec 29

ONLINE Link: <https://bit.ly/4gohX5U>

Meeting ID: **825 1016 6919**

Passcode: **269958**

SOCIAL SING

This weekly ONLINE program gives you a chance to work out 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 facilitator led program requires no singing skills or experience to participate. This ONLINE drop-in program is open to everyone.

ONLINE

Every Friday

10:00AM – 11:30AM

Free!

No classes: Feb 14, Apr 18, May 16, Jun 27, Aug 1, Sep 5, Oct 10, Oct 31, Dec 26

ONLINE Link: <https://bit.ly/3Vw8LV2>

Meeting ID: **828 7727 3841** Passcode: **377082**



Looking for something different? A better time or date? Maybe an in-person option or something a little more therapeutic?

We can help! Our Client Services Coordinators have a wide-ranging knowledge base of other community and online speech/voice options. Whether its searching for a Speech Language Pathologist near you or connecting you to an online program that works better, we're happy to help find the best option for you!

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 – EDMONTON *(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 – CALGARY & EDMONTON *(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: \$120 / Members (20% off): \$96



Later this winter we will be launching an exciting new partner program with



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

Get ready to RUMBLE! This 3x/week program includes an introduction to boxing (punches, defensive moves, and flow combinations), skill development, physical conditioning, and consistent moving. The program combines use of heavy bags and personal training components. The dedicated team at Rumble will ensure safety, individualization, support, and consistency. *Boxing gloves are provided. 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	Mon, Wed, & Fri	10:15AM –11:15AM	# of Sessions/Cost	
<i>Minimum to run: 3 Maximum: 5</i>				
• January 6 – February 28 <i>(no class Feb 17)</i>	Register By: December 30	23 sessions	Cost: \$1005	Members (20% off): \$804
• March 3 – April 30 <i>(no class Apr 18 & 21)</i>	Register By: February 24	24 sessions	Cost: \$1050	Members (20% off): \$840
• May 2 – June 30 <i>(no class May 19)</i>	Register By: April 25	25 sessions	Cost: \$1095	Members (20% off): \$876
• July 2 – August 29 <i>(no class Aug 4)</i>	Register By: June 23	25 sessions	Cost: \$1095	Members (20% off): \$876
• September 3 – October 31 <i>(no class Sep 1)</i>	Register By: August 25	25 sessions	Cost: \$1095	Members (20% off): \$876
• November 3 – December 19	Register By: October 27	17 sessions	Cost: \$745	Members (20% off): \$596

BOXING I - EDMONTON (Good for *Challenging* levels)

Join Gaspare and Stan for a twice-weekly high-energy program tailored for people with Parkinson's. This program focuses 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.*** Advance registration is required for all sessions – please register by the dates indicated below.

In-Person - Edmonton	Monday & Wednesdays	9:30AM – 11:00AM	# of Sessions/Cost	
<i>Minimum to run: 11 Maximum: 20</i>				
• January 6 – February 26 <i>(no class Feb 17)</i>	Register By: December 30	15 sessions	Cost: \$270	Members (20% off): \$216
• March 3 – April 30 <i>(no class Apr 21)</i>	Register By: February 24	17 sessions	Cost: \$305	Members (20% off): \$244
• May 5 – June 30 <i>(no class May 19)</i>	Register By: April 25	16 sessions	Cost: \$290	Members (20% off): \$232
• July 2 – August 27 <i>(no class Aug 4)</i>	Register By: June 23	16 sessions	Cost: \$290	Members (20% off): \$232
• September 3 – October 29 <i>(no class Sep 1 or Oct 13)</i>	Register By: August 25	16 sessions	Cost: \$290	Members (20% off): \$232
• November 3 – December 17	Register By: October 27	14 sessions	Cost: \$250	Members (20% off): \$200

BOXING II – EDMONTON (Good for *Moderate* level)

Work with Stan in this smaller class size designed for people who still want a twice-weekly program tailored for people with Parkinson's, but at a more moderate level. This program focuses 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.*** Advance registration is required for all sessions – please register by the dates indicated below.

In-Person - Edmonton	Tuesdays & Thursdays	9:30AM – 11:00AM	# of Sessions/Cost	
<i>Minimum to run: 6</i>		<i>Maximum: 10</i>		
• January 7 – February 27	Register By: December 30	16 sessions	Cost: \$265	Members (20% off): \$212
• March 4 – April 29	Register By: February 24	17 sessions	Cost: \$280	Members (20% off): \$224
• May 1 – June 26	Register By: April 25	17 sessions	Cost: \$280	Members (20% off): \$224
• July 3 – August 29 <i>(no class Jul 1)</i>	Register By: June 23	17 sessions	Cost: \$280	Members (20% off): \$224
• September 2 – October 30 <i>(no class Sep 30)</i>	Register By: August 25	17 sessions	Cost: \$280	Members (20% off): \$224
• November 4 – December 18 <i>(no class Nov 11)</i>	Register By: October 27	13 sessions	Cost: \$215	Members (20% off): \$172

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

Join Paul for these twice weekly full body workouts tailored for people with Parkinson's. **Circuit I** is our high-intensity in-person *Challenging* level that focuses on a circuit of exercises to build strength, improve cardio and overall fitness. **An annual assessment is required to participate in this program**

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</i>		<i>Maximum: 10</i>		
• January 7 – February 27	Register By: December 30	16 sessions	Cost: \$340	Members (20% off): \$272
• March 4 – April 29	Register By: February 24	17 sessions	Cost: \$365	Members (20% off): \$292
• May 1 – June 26	Register By: April 25	17 sessions	Cost: \$365	Members (20% off): \$292
• July 3 – August 29 <i>(no class Jul 1)</i>	Register By: June 23	17 sessions	Cost: \$365	Members (20% off): \$292
• September 9 – October 30 <i>(no class Sep 2, 4, 30)</i>	Register By: August 25	15 sessions	Cost: \$320	Members (20% off): \$256
• November 4 – December 18 <i>(no class Nov 11)</i>	Register By: October 27	13 sessions	Cost: \$275	Members (20% off): \$220

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

Circuit II is our online *Moderate* level exercise program. Hosted twice weekly by Paul this program is designed to build strength, improve cardio and overall fitness all from the comfort of your own home!

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

ONLINE or IN-PERSON	Tuesdays & Thursdays	11:00AM – 12:00PM	# of Sessions/Cost	
<i>Minimum to run: 6</i>		<i>Maximum: 15</i>		
• January 7 – February 27	Register By: December 30	16 sessions	Cost: \$230	Members (20% off): \$184
• March 4 – April 29	Register By: February 24	17 sessions	Cost: \$240	Members (20% off): \$192
• May 1 – June 26	Register By: April 25	17 sessions	Cost: \$240	Members (20% off): \$192
• July 3 – August 29 (no class Jul 1)	Register By: June 23	17 sessions	Cost: \$240	Members (20% off): \$192
• September 2 – October 30 (no class Sep 30)	Register By: August 25	17 sessions	Cost: \$240	Members (20% off): \$192
• November 4 – December 18 (no class Nov 11)	Register By: October 27	14 sessions	Cost: \$185	Members (20% off): \$148

POWER, BALANCE & REACH - EDMONTON (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.**

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

In-Person - Edmonton	Mondays & Wednesdays	10:45AM – 11:45AM	# of Sessions/Cost	
<i>Minimum to run: 6</i>		<i>Maximum: 15</i>		
• January 6 – February 26 (no class Feb 17)	Register By: December 30	15 sessions	Cost: \$215	Members (20% off): \$172
• March 3 – April 30 (no class Apr 21)	Register By: February 24	17 sessions	Cost: \$240	Members (20% off): \$192
• May 5 – June 30 (no class May 19)	Register By: April 25	16 sessions	Cost: \$225	Members (20% off): \$180
• July 2 – August 27 (no class Aug 4)	Register By: June 23	16 sessions	Cost: \$225	Members (20% off): \$180
• September 10 – October 29 (no class Sep 1, 3, 8, Oct 13)	Register By: August 25	14 sessions	Cost: \$200	Members (20% off): \$160
• November 3 – December 17	Register By: October 27	14 sessions	Cost: \$200	Members (20% off): \$160

SIT 'N STAND – EDMONTON (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. This program will focus on increasing strength, improving posture, and practicing functional movements in a safe environment. **An annual assessment is required to participate in this program.**

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

In-Person - Edmonton	Mondays & Wednesdays	9:30AM – 10:30AM	# of Sessions/Cost
<i>Minimum to run: 5 Maximum: 10</i>			
<ul style="list-style-type: none"> January 6 – February 26 <i>(no class Feb 17)</i> 	Register By: December 30	15 sessions	Cost: \$255 Members (20% off): \$204
<ul style="list-style-type: none"> March 3 – April 30 <i>(no class Apr 21)</i> 	Register By: February 24	17 sessions	Cost: \$290 Members (20% off): \$232
<ul style="list-style-type: none"> May 5 – June 30 <i>(no class May 19)</i> 	Register By: April 25	16 sessions	Cost: \$275 Members (20% off): \$220
<ul style="list-style-type: none"> July 2 – August 27 <i>(no class Aug 4)</i> 	Register By: June 23	16 sessions	Cost: \$275 Members (20% off): \$220
<ul style="list-style-type: none"> September 10 – October 29 <i>(no class Sep 1, 3, 8, Oct 13)</i> 	Register By: August 25	14 sessions	Cost: \$240 Members (20% off): \$192
<ul style="list-style-type: none"> November 3 – December 17 	Register By: October 27	14 sessions	Cost: \$240 Members (20% off): \$192

Looking for something a little closer to home?

Did you know our Client Services Coordinators have a data base of physical/exercise programs available across Alberta and Northwest Territories? From our friends at Decidedly Jazz or the JCC in Calgary, to programs at the Yellowknife Seniors’ Society, to boxing programs in Lethbridge and Red Deer, to a suite of physio-led programs in Grande Prairie...and so much more!

Not a fan of exercising with others? That’s ok we can also connect you to online offerings.

Either way, we can help you find options to keep you moving!



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 Atypical Parkinsonism. Each 101 session includes a 45-minute presentation followed by a discussion period where you can ask questions. These education sessions are offered ONLINE and are open to anyone.

Registration is required a minimum of one (1) business day in advance to ensure a link can be sent to you. PD 101 takes place on the last Thursday of every month (except December); while the rest of the offerings in our 101 series take place as indicated below.

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 30 at 10:00AM and 6:30PM		• July 31 at 10:00AM and 6:30PM
• February 27 at 10:00AM and 6:30PM		• August 28 at 10:00AM and 6:30PM
• March 27 at 10:00AM and 6:30PM		• September 25 at 10:00AM and 6:30PM
• April 24 at 10:00AM and 6:30PM		• October 30 at 10:00AM and 6:30PM
• May 29 at 10:00AM and 6:30PM		• November 27 at 10:00AM and 6:30PM
• June 26 at 10:00AM and 6:30PM		• December – no sessions

An Introduction to Atypical Parkinsonism (formerly Parkinson’s Plus Syndromes) 101 This program is ideal for those who have been recently diagnosed with Atypical Parkinsonism also known as a Parkinson’s Plus Syndrome: Progressive Supranuclear Palsy (PSP), Multiple System Atrophy (MSA), Corticobasal Degeneration/Syndrome (CBD), or Dementia with Lewy Bodies (DLB) disease, and their families. This session will go over the four most common Atypical Parkinsonism’s, explain how they differ from each other and from Parkinson disease, and more.

ONLINE	FREE!
• January 22 at 1:00PM	• July 28 at 10:00AM
• April 7 at 10:00AM	• November 26 at 1:00PM

Care Partner 101 – An Introduction to Parkinson’s from a Care Partner Perspective ◊

This program is ideal for those individuals who have a spouse/partner or loved one who has been recently diagnosed with Parkinson disease or Atypical Parkinsonism (Parkinson’s Plus Syndrome). This session will take a look at both Parkinson disease and Atypical Parkinsonism 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">February 3 at 10:00AM	<ul style="list-style-type: none">August 27 at 1:00PM
<ul style="list-style-type: none">May 5 at 10:00AM and 7:00PM	

NEW Adult Children 101 – An Introduction to Navigating the Parkinson’s Journey with a Parent

As parents age, it is natural for their needs to evolve over time; even more so if a parent has Parkinson disease. It can be difficult for adult children to know how to help their parent(s) navigate the changes that come with Parkinson’s, but also know when and how to support them. This session will go over a variety of topics including, but not limited to, things your parents wish you knew, approaching potentially difficult conversations, advocating for a loved one, preparing for the future, shifting roles, and so much more. *It is recommended, but not mandatory that adult children take part in PD 101 first to understand the basics of Parkinson disease prior to taking part in this 101 session.*

ONLINE	FREE!
<ul style="list-style-type: none">October 22 at 7:00PM	

Advanced Treatment Options 101 (formerly DBS/Duodopa) – An Introduction to Parkinson’s Surgical and Alternative Medication Delivery Systems

This program is ideal for those interested in learning more about Deep Brain Stimulation (DBS), the Duodopa and Vyalev pumps, and other options available. 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">March 24 at 7:00PM	<ul style="list-style-type: none">September 24 at 1:00PM
<ul style="list-style-type: none">June 2 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">March 26 at 1:00PM	<ul style="list-style-type: none">November 3 at 10:00AM
<ul style="list-style-type: none">June 23 at 7:00PM	

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

- January 27 at 10:00AM
- July 7 at 10:00AM
- April 23 at 1:00PM
- October 27 at 10:00AM

For those UNDER 65

- February 26 at 7:00PM
- November 24 at 7:00PM
- May 26 at 10:00AM

Home Care 101 – An Introduction to Understanding Home Care Access and Options

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!

- March 3 at 10:00AM
- December 8 at 10:00AM
- June 25 at 1:00PM

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!

- January 6 at 10:00AM
- August 25 at 10:00AM
- May 28 at 1:00PM

***NEW* Parkinson's Medications 101 – An Introduction to Parkinson's Medications**

If you or someone you love has Parkinson disease you have likely already started or will eventually need to take medications. This session will help you understand the goals of treatment, what medications can and cannot do, different medications you may encounter, potential adverse effects, and how your medications may change over time.

ONLINE

FREE!

• July 23 at 1:00PM

• October 6 at 10:00AM

***NEW* Speech & Swallowing 101 – An Introduction to Parkinson's Speech & Swallowing Issues**

Did you know that more than 80% of people with Parkinson's will experience speech and/or swallowing issues? This session will go over why these issues can occur, what types of issues you may encounter, and what types of interventions and treatments can help ensure optimum health, safety, and quality of life.

ONLINE

FREE!

• September 22 at 10:00AM

• December 1 at 10:00AM

Hope Conference 2025

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

Save
the
Date

Saturday,
November 1
9AM-3PM

 **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!
• January 8 at 10:00AM	Connections: Relationships & Parkinson's presented by Brienne Leclaire	Register by: January 6
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! Join PAA's own Brienne Leclaire, Registered Social Worker, as she helps you navigate the ins and outs of maintaining existing and forging new connections when one has been impacted by Parkinson's. Topics covered include communication, intimacy, boundaries, and the importance of meaningful connections.		
• March 5 at 12:00 PM	SMILE! - Oral Care for Parkinson's presented by Brooklyn Schroeder	Register by: March 3
Performing basic oral hygiene tasks can become more challenging as Parkinson's progresses. In addition to motor-related challenges (rigidity, tremor, etc.) there may be behavioral changes such as apathy, depression, and/or cognitive issues that can have an impact on good oral hygiene; join Brooklyn Schroeder, dental hygienist as she presents on various aspects of good dental hygiene in Parkinson's.		
• June 4 at 10:00AM	What's on Your Plate? - Nutrition & Parkinson's presented by Shameem Kizar	Register by: June 2
Join Shameem Kizar, BsC and Registered Dietician and Parkinson and Movement Disorders Program in Edmonton, as she addresses a variety of topics pertaining to nutrition and Parkinson's.		
• October 1 at 10:00AM	Chasing ZZZ's - Sleep Issues in Parkinson's presented by Dr. Steve Joza	Register by: September 29
Sleep is a vital part of living well. Unfortunately for people with Parkinson's (and their loved ones) the list of reasons associated with poor sleep can be long – falling asleep in the middle of the day, rampant bouts of insomnia, acting out one's dreams, and everything in between. Join Dr. Steve Joza as he discusses common sleep issues in Parkinson's and what you (with help from your doctor) might be able to do to get a better night's sleep.		

ASK AN EXPERT Q&A SESSIONS

this interactive Q&A session is intended to address general questions about Parkinson disease and Atypical Parkinsonism, 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!
• February 5 at 1:00PM	Dr. Fang Ba, Neurologist	Register by: February 3
• May 2 at 1:30PM	Care Partner Q&A Panel	Register by: April 30
• May 7 at 10:00AM	Chad Diebold, Speech Language Pathologist	Register by: May 5
• July 9 at 10:00AM	Susan Loewen, Physiotherapist	Register by: July 7
• December 3	TBD	Register by: December 1
• TBD	Young Onset Q&A	Register by: TBD



MAY is NATIONAL CARE PARTNER & CAREGIVER AWARENESS MONTH

“Caregiving often calls us to lean into a love we didn’t know possible”

Join us as we celebrate and shine a light on those care.

Activities include:

- Care Partner Panel Q&A,
- Care Partner 101s & Support Groups,
- Care Partner Support Program,
- and more to come!

HOPE CONFERENCE 2024

Our largest educational event of the year, and a highlight for many, is our annual Hope Conference! In 2024 over 250 people participated in-person and online. 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 1
9:00AM – 2:30PM

ONLINE (no cost)

IN-PERSON VIEWING PARTIES

Cost: \$20 Members (20% off): \$16 In person viewing parties include lunch, coffee, and snacks

Calgary

Edmonton

Lethbridge

Red Deer