



2025 PROGRAM CALENDAR



www.parkinsonassociation.ca

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ICON LEGEND



OFFERED VIA TELEPHONE TOLL FREE AT 1-800-561-1911



OFFERED VIRTUALLY (ZOOM)



OFFERED IN PERSON

MEMBERSHIP HAS BENEFITS

In addition to the important voting privilege that guides the direction of Parkinson Association of Alberta, the following benefits are also included:

PRIMARY MEMBERSHIP: \$35 PER YEAR

SECONDARY MEMBERSHIP: \$15 PER YEAR

- 20% discount on all PAA programs
- 20% off all PAA ticketed events and early bird purchase opportunities
- 20% off all PAA items in our store
- Free aware-in-care kit
- Pulse magazine mailed directly to your home or office four times per year *
- PAA program and event news and updates emailed directly to your inbox
- Voting privileges at our Annual General Meeting
- Personalized membership card with medical alert information

*Offered with Primary Membership only

Secondary memberships can only be purchased adjacent to a Primary membership. To purchase a Secondary membership at this time, please call 1-800-561-1911

BECOME A MEMBER TODAY AND SAVE ON YOUR REGISTRATION FEES.



FOR MORE INFORMATION, OR TO REGISTER- CLICK ON THE PROGRAM TITLES, CALL US AT 1-800-561-1911, OR EMAIL US AT INFO@PARKINSONASSOCIATION.CA

SUPPORT PROGRAMS

1:1 / FAMILY SUPPORT



BY APPOINTMENT

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.

PEER TO PEER SUPPORT



BY APPOINTMENT

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 Atypical Parkinsonism (formerly PD+) Diagnosis, providing care/support to a loved one with a Atypical Parkinsonism diagnosis.

AMBIGUOUS GRIEF & LOSS



MONDAYS | MAR - APR & OCT - NOV | \$30

The diagnosis of Parkinson disease or Atypical Parkinsonism (formerly PD+) is often not in our future plans or our plans for our loved ones and can result in experiences of grief and loss. This 4-week 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.

CARE PARTNER SUPPORT



JAN - FEB (WED) & MAY - JUN (THURS) | \$30

The 6-week 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.

TRANSITION TO CARE



FRIDAY | MAY & NOVEMBER | \$30

This 4-week program is for Care Partners with a loved 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.

WIDOWS & WIDOWERS SUPPORT



DATES TBD

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 6-week program focuses on caring for yourself, remembrance, and the grief journey itself.

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 can 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.

Please note: Registration must be completed at least two business days before each support group. To check if a group has been cancelled or if no sessions are scheduled for the month, please visit our program website at <https://parkinsonassociation.akaraisin.com/ui/programs/> or call us at 1-800-561-1911.

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
Care Partners - Advanced <i>for those whose loved ones with PD or Atypical Parkinsonism are in or transitioning into Long Term Care</i>	10:00AM 4th Wednesday
Care Partners General <i>for those whose loved one has PD or Atypical Parkinsonism</i>	10:00AM 2nd Tuesday
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</i>	6:30PM 2nd Tuesday
DBS/Duodopa/Vyalev <i>for those who have undergone one of these interventions for PD and their loved ones</i>	1:30PM 1st Tuesday
Newly Diagnosed <i>for those newly diagnosed or who have had PD for less than 2 years and their loved ones</i>	10:00AM 1st Thursday
Parkinson's General <i>for those who have PD and their loved ones</i>	10:00AM 2nd Thursday
Parkinson's General - Under 65 <i>for those with PD and their loved ones who are under the age of 65</i>	6:30PM 2nd Wednesday
Solo PD <i>for those with PD who do not have a spouse or Care Partner</i>	1:30PM 2nd Thursday
Widows <i>For Care Partners who have lost their loved one with OD or Atypical Parkinsonism</i>	1:30PM 3rd Tuesday
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

REGIONAL SUPPORT GROUPS		
CALGARY REGION	Airdrie	10:00AM 2nd Tuesday
	Calgary Care Partners *ONLINE	1:30PM 3rd Tuesday
	Calgary North	10:00AM 1st Tuesday
	Calgary SE	10:00AM 4th Tuesday
	Calgary SW	10:00AM 3rd Thursday
	Canmore	1:30PM 2nd Thursday
	Cochrane	10:00AM 2nd Thursday
	High River / Okotoks	1:30PM 4th Tuesday
EDMONTON REGION	Camrose	10:00AM 3rd Tuesday
	Edmonton Care Partners	10:00AM 1st Thursday
	Edmonton South	10:30AM 2nd Wednesday
	Fort Saskatchewan	2:00PM 4th Tuesday
	Leduc	1:30PM 2nd Wednesday
	Parkland (Spruce Grove/Stony Plain)	10:30AM 4th Tuesday
	St. Albert	10:00AM 2nd Tuesday
	Sherwood Park	1:30PM 2nd Tuesday
GRANDE PRAIRIE REGION	Grande Prairie	11:00AM 3rd Wednesday
LETHBRIDGE REGION	Lethbridge	2:00PM 3rd Thursday
	Medicine Hat	12:00PM 3rd Wednesday
LLOYDMINSTER REGION	Bonnyville	1:00PM 4th Wednesday
	Lloydminster	1:30PM 4th Wednesday
	Vermilion	10:30AM 4th Thursday
NORTHWEST TERRITORIES & NORTHERN ALBERTA REGION	Northern Alberta & Northwest Territories *ONLINE	10:00AM 2nd Thursday
	Yellowknife	1:30PM 3rd Tuesday
RED DEER REGION	Lacombe	10:00AM 3rd Wednesday
	Olds	1:30PM 2nd Tuesday
	Red Deer	1:30PM 3rd Wednesday

ACTIVE PROGRAMS

SOCIAL

SOCIAL CHAT GROUP

EVERY 4TH THURSDAY / 1:00 - 2:00PM / FREE

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! Drop in link: <https://bit.ly/4grwFJA>

SEASONAL SOCIALS

SEASONAL - MARCH/APRIL, JULY, NOVEMBER/DECEMBER

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

SPEECH

SOCIAL SING

FRIDAYS | 10:00 - 11:30AM | FREE

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. Drop-in link: <https://bit.ly/3Vw8LV2>

SPEECH PRACTICE GROUP

MONDAYS | 1:00 - 1:30PM | FREE

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. Drop-in link: <https://bit.ly/4gohX5U>

COGNITIVE

THINKING, MEMORY & CONCENTRATION

FRIDAYS | JAN - FEB, MAR - APR, MAY - JUN, SEP - OCT, NOV - DEC | 1:30-3:30PM | \$30


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!


ACTIVE PROGRAMS


PHYSICAL



- CHALLENGING
- MODERATE
- LIGHT


Our exercise programs are categorized into three levels to make it easier to determine which class might be best for you. A physical assessment is required for those attending a physical program in Edmonton.


- ● **1:1 ASSESSMENT**  *BY APPOINTMENT | EDM ONLY | \$50*


● Physical assessments may be required prior to participation in PAA's Physical Programs in EDM; and annually thereafter. Physical assessments help our team determine which program(s) will be the right fit for you!
- ● **PHYSIOTHERAPY**  *BY APPOINTMENT | EDM & CGY | PRICES VARY*

● 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.
- ● **BOXING**  *PROGRAM DAYS VARY | EDM & CGY | SESSIONS AND PRICES VARY*

High-energy, tailored programs that include an introduction to boxing (punches, defensive moves and flow combinations, skill development, physical conditioning, hand-eye coordination, balance and consistent moving. No boxing experience needed, however, and annual assessment is required.
- ● **CIRCUIT**   *TUES & THURS | SESSIONS AND PRICES VARY*

Join us 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.
- ● **DANCING WITH PARKINSON'S**  *TUES | EDM ONLY | \$30*

● In collaboration with Ballet Edmonton, this initial 9-week series is specifically designed for people living with Parkinson disease who wish to experience the joy of moving to music.
- **POWER, BALANCE, & REACH**  *MON & WED | EDM ONLY | PRICES VARY*

This mid-level exercise program will get your heart rate up and body moving while focusing on improving and/or maintaining strength, balance, and flexibility.
- **SIT 'N STAND**  *MON & WED | EDM ONLY | PRICES VARY*

Join us in 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.

EDUCATION PROGRAMS

101 EDUCATION SERIES

Our 101 Education Series offers sessions on a number of topics about- or related to life with- Parkinson disease and Atypical Syndromes. 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. **All education series are FREE to attend!**

For more information or to register simply click on the Session Topic below, call us at 1-800-561-1911, or email us at info@parkinsonassociation.ca

PARKINSON DISEASE 101	<i>LAST THURSDAY OF MONTH (Except December)</i>
ATYPICAL PARKINSONISM 101	<i>JANUARY 22, APRIL 7, JULY 28, NOVEMBER 26</i>
CARE PARTNER 101	<i>FEBRUARY 3, MAY 5, AUGUST 27</i>
ADULT CHILDREN 101	<i>OCTOBER 22</i>
ADVANCED TREATMENT OPTIONS 101	<i>MARCH 24, JUNE 2, SEPTEMBER 24</i>
ADVANCE CARE PLANNING 101	<i>MARCH 24, JUNE 2, SEPTEMBER 24</i>
GOVERNMENT RESOURCES 101 (UNDER 65)	<i>FEBRUARY 26, MAY 26, NOVEMBER 24</i>
GOVERNMENT RESOURCES 101 (OVER 65)	<i>JANUARY 27, APRIL 23, JULY 7, OCTOBER 27</i>
HOME CARE 101	<i>MARCH 3, JUNE 25, DECEMBER 8</i>
HOUSING TRANSITIONS 101	<i>JANUARY 6, MAY 28, AUGUST 25</i>
PARKINSON'S MEDICATIONS 101	<i>JULY 23, OCTOBER 6</i>
SPEECH & SWALLOWING 101	<i>SEPTEMBER 22, DECEMBER 1</i>

EDUCATION PROGRAMS

ASK AN EXPERT Q&A SESSION

This interactive Q&A session is intended to address general questions about Parkinson disease and Atypical Parkinsonism 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. **Registration is required by 9:00AM one (1) business day in advance to ensure a link can be sent to you.**

Dr Fang Ba <i>Neurologist</i>	<i>FEBRUARY 5 AT 1:00PM</i>
Chad Diebold <i>Speech Language Pathologist</i>	<i>MAY 7 AT 10AM</i>
Care Partners Q&A <i>Panel of Experts</i>	<i>MAY 9 AT 1:30PM</i>
Susan Loewen <i>Physiotherapist</i>	<i>JULY 9 AT 10:00AM</i>
TBD	<i>DECEMBER 3 AT 10:00AM</i>
Young Onset Q&A	<i>TBD</i>

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.**

Connections: Relationships & Parkinson's <i>presented by Brienne Leclaire, Registered Social Worker</i>	<i>JANUARY 8 AT 10:00AM</i>
SMILE! - Oral Care for Parkinson's <i>presented by Brooklyn Schroeder, Dental Hygienist Student</i>	<i>MARCH 5 AT 12:00PM</i>
What's On Your Plate? Nutrition and Parkinson's <i>presented by Shameem Kizar, Registered Dietician</i>	<i>JUNE 4 AT 10:00AM</i>
Chasing ZZZ's - Sleep Issues in Parkinson's <i>presented by Dr. Steve Joza, Neurologist</i>	<i>OCTOBER 1 AT 10:00AM</i>