



2026 PROGRAM CALENDAR



www.parkinsonassociation.ca

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INDIVIDUAL & FAMILY SUPPORT

BY APPOINTMENT

When you receive a diagnosis or changes are occurring on your Parkinson's journey, it helps to talk to someone. Our team offers emotional and practical support, information and help accessing resources, and guidance and encouragement toward your personal goals.

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 from someone who knows first hand. Whatever the challenge you're experiencing, a Peer Mentor is a great resource to provide perspective and guidance.

AMBIGUOUS GRIEF & LOSS

A Parkinson disease or Atypical Parkinsonism diagnosis was not part of your plan and the result might be feelings of grief and loss for you and your loved ones. This 4-week program, intended for individuals with Parkinson's and/or their partners, is designed to help understand these feelings through teaching, discussions, and practical coping skills.

ONLINE

Mar 16 - Apr 13 (no class Apr 6) Register by: Mar 2
 Mon 1 - 2:30PM \$20 Member | \$25 Non-M

Oct 19 - Nov 9 Register by: Oct 5
 Mon 1 - 2:30PM \$20 Member | \$25 Non-M

CARE PARTNER SUPPORT PROGRAM

This 6-week program for people whose spouse/partner is living with a Parkinson's diagnosis aims to help you navigate your journey, prevent burnout, connect to support and resources, provide connections with others, and provide a safe and non-judgemental space to share and discuss your struggles, emotions, and journey in a confidential environment.

ONLINE

Jan 21 - Feb 25 Register by: Dec 19
 Wed 1:30 - 3PM \$25 Member | \$32 Non-M

May 5 - May 26 Register by: Apr 21
 Tue 1:30 - 3PM \$25 Member | \$32 Non-M

IN-PERSON

Lethbridge

May 5 - May 26 Register by: Apr 28
 Tue 10AM - 12PM \$35 Member | \$44 Non-M

Calgary

May 6 - May 27 Register by: Apr 28
 Wed 1:30 - 3:30PM \$35 Member | \$44 Non-M

Red Deer

May 7 - May 28 Register by: Apr 28
 Thu 10AM - 12PM \$35 Member | \$44 Non-M

Edmonton

May 7 - May 28 Register by: Apr 28
 Thu 1:30 - 3:30PM \$35 Member | \$44 Non-M



TRANSITION TO CARE

This 4-week program is for people whose spouse/partner with a Parkinson's diagnosis is in or transitioning into continuing or long-term care. You will learn ways to implement yours and your partners personal wishes and to reflect on your feelings and experiences. Connect and learn from others while practicing self-care and developing skills that will help you navigate this transition.

ONLINE 

May 29 – June 19	Register by: May 14
Fri 10 - 11:30AM	\$20 Member \$25 Non-M
Nov 6 – Nov 27	Register by: Oct 23
Fri 10 - 11:30AM	\$20 Member \$25 Non-M



PROVINCIAL SUPPORT GROUPS



CALL IN/ZOOM ONLY

ATYPICAL PARKINSONISM

for those diagnosed with Atypical Parkinsonism (Parkinson's Plus Syndrome) (PSP, MSA, CBD, DLB) and their loved ones

10:00AM 1st Tuesday

Jan 6, Feb 3, Mar 3, May 5, Jun 2, Sep 1, Oct 6, Nov 3

WIDOWS & WIDOWERS SUPPORT



CONTACT FOR MORE INFORMATION

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 groups are led by trained facilitators and can include updates, a 30-45 minute topical education/discussion session and 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 group. Please visit our website at www.parkinsonassociation.ca or call us at 1-800-561-1911 for updates on groups.

CARE PARTNERS ADVANCED

for those whose loved ones with PD or Atypical Parkinsonism are in or transitioning into Long Term Care

10:00AM 4th Wednesday

Jan 28, Feb 25, Mar 25, May 27, Jun 24, Sep 23, Oct 28, Nov 25

CARE PARTNERS GENERAL

for those whose loved one has PD or Atypical Parkinsonism

10:00AM 2nd Tuesday

Every month - Jan 14, Feb 10, Mar 10, Apr 14, May 12, Jun 9, Jul 14, Aug 11, Sep 8, Oct 13, Nov 10, Dec 8

CARE PARTNERS YOUNG/EARLY ONSET

for those Care Partners under 64 whose loved one was diagnosed with Parkinson's before the age of 50

6:30PM 2nd Tuesday

Jan 14, Feb 10, Mar 10, May 12, Jun 9, Sep 8, Oct 13, Nov 10





<h3>PROVINCIAL SUPPORT GROUPS CONTINUED</h3>	<h3>WIDOWS</h3>
<h4>DBS/ DUODOPA/ VYALEV</h4> <p>for those who have undergone one of these interventions for PD and their loved ones</p> <p>1:30PM 1st Tuesday</p> <p>Jan 6, Feb 3, Mar 3, May 5, Jun 2, Sep 1, Oct 6, Nov 3</p>	<p>for Care Partners who have lost their loved one with PD or Atypical PD</p> <p>1:30PM - 3rd Tuesday</p> <p>Jan 20, Feb 17, Mar 17, May 19, Jun 19, Sep 15, Oct 20, Nov 17</p>
<h4>NEWLY DIAGNOSED</h4> <p>for those newly diagnosed or who have had PD for less than 2 years and their loved ones</p> <p>10:00AM 1st Thursday</p> <p>Every month - Jan - No group, Feb 5, Mar 5, Apr 2, May 7, Jun 4, Jul 2, Aug 6, Sep 3, Oct 1, Nov 5, Dec 3</p>	<h4>YOUNG/EARLY ONSET - UNDER 55</h4> <p>for those diagnosed Young/Early Onset who are under 55 and their loved ones</p> <p>7:00PM - 1st Wednesday</p> <p>Jan 7, Feb 4, Mar 4, Apr 1, May 6, Jun 3, Jul - No group, Sep 2, Oct 7, Nov 4, Dec 2</p>
<h4>PARKINSON'S GENERAL</h4> <p>for those whose have PD and their loved ones</p> <p>10:00AM - 2nd Thursday</p> <p>Every month - Jan 8, Feb 12, Mar 12, Apr 9, May 14, Jun 11, Jul 9, Aug 13, Sep 10, Oct 8, Nov 12, Dec 10</p>	
<h4>PARKINSON'S GENERAL - UNDER 65</h4> <p>for those with PD and their loved ones who are under the age of 65</p> <p>6:30PM - 2nd Wednesday</p> <p>Jan 14, Feb 11, Mar 11, May 13, Jun 10, Sep 9, Oct 14, Nov - No group</p>	<h3>REGIONAL SUPPORT GROUPS</h3> <p> IN PERSON/ ONLINE</p>
<h4>SOLO PD</h4> <p>for those with PD who do not have a spouse or Care Partner</p> <p>1:30PM - 2nd Thursday</p> <p>Jan 8, Feb 12, Mar 12, May 14, Jun 11, Sep 10, Oct 8, Nov 12</p>	<h4>CALGARY REGION</h4> <p>Airdrie 10:00AM - 2nd Tuesday Jan 13, Feb 10, Mar 10, May 12, Jun 9, Sep 8, Oct 13, Nov 10</p> <hr/> <p>Calgary Care Partners 1:30PM -3rd Tuesday ONLINE - Jan 20, Feb 17, Mar 17, May 19, Jun 16, Sep 15, Oct 20, Nov 17</p> <hr/> <p>Calgary North 10:00AM - 1st Tuesday Jan 6, Feb 3, Mar 3, May 5, Jun 2, Sep 1, Oct 6, Nov 3</p>



REGIONAL SUPPORT GROUPS CONTINUED

CALGARY REGION

Calgary SE **10:00AM - 4th Tuesday**

Jan 27, Feb 24, Mar 24, May 26, Jun 23, Sep 22,
Oct 27, Nov 24

Calgary SW **10:00AM - 3rd Thursday**

Jan 15, Feb 19, Mar 19, May 21, Jun 18, Sep 17,
Oct 15, Nov 19

Canmore **1:30PM - 2nd Thursday**

Feb 12, Apr 9, Jun 11, Sep 10, Nov 12

Cochrane **10:00AM - 2nd Thursday**

Jan 8, Feb 12, Mar 12, May 14, Jun 11, Sep 10,
Oct 8, Nov 12

High River/ Okotoks **1:30PM - 4th Tuesday**

Jan 27, Feb 24, Mar 24, May 26, Jun 23, Sep 22,
Oct 27, Nov 24

EDMONTON REGION

Camrose **10:00AM - 3rd Tuesday**

Jan 20, Mar 17, May 19, Sep 15

Edmonton Care Partners **10:00AM - 1st Thursday**

Jan - No group, Feb 5, Mar 5, May 7, Jun 4, Sep
3, Oct 1, Nov 5

Edmonton South **10:30AM - 2nd Wednesday**

Jan 14, Feb 11, Mar 11, May 13, Jun 10, Sep 9,
Oct 14, Nov - No group

Fort Saskatchewan **2:00PM - 4th Tuesday**

Jan 27, Feb 24, Mar 24, May 26, Jun 23, Sep 22,
Oct 27, Nov 24

Leduc **1:30PM - 2nd Wednesday**

Jan 14, Feb 11, Mar 11, May 13, Jun 10, Sep 9,
Oct 14, Nov - No group

Parkland **10:30AM - 4th Tuesday**
(Spruce Grove/Stony Plain)

Jan 27, Feb 24, Mar 24, May 26, Jun 23, Sep 22,
Oct 27, Nov 24

St. Albert **10:00AM - 2nd Tuesday**

Jan 13, Feb 10, Mar 10, May 12, Jun 9, Sep 8,
Oct 13, Nov 10

Sherwood Park **1:30PM - 2nd Tuesday**

Jan 13, Feb 10, Mar 10, May 12, Jun 9, Sep 8,
Oct 13, Nov 10

GRANDE PRAIRIE REGION

Grande Prairie **11:00AM - 3rd Wednesday**

Jan 21, Mar 18, May 20, Oct 21

LETHBRIDGE & MEDICINE HAT REGION

Lethbridge **2:00PM - 3rd Thursday**

Jan 15, Feb 19, Mar 19, May 21, Jun 18, Sep 17,
Oct 15, Nov 19

Medicine Hat **12:00PM - 3rd Wednesday**

Jan 21, Mar 18, May 20, Sep 16, Nov 18





REGIONAL SUPPORT GROUPS CONTINUED

LLOYDMINSTER REGION

Bonnyville **1:00PM - 4th Wednesday**
Feb 25, Apr 22, Jun 24, Sep 23, Nov 25

Lloydminster **1:30PM - 4th Thursday**
Jan 22, Feb 26, Mar 26, May 28, Jun 25, Sep 24, Oct 22

Vermilion
Please join us in Lloydminster! See above

NORTHERN AB & NORTHWEST TERRITORIES REGION

Northern Alberta & Northwest Territories **10:00AM - 2nd Thursday:**
ONLINE: Jan 8, Feb 12, Mar 12, May 14, Jun 11, Sep 10, Oct 8, Nov 12, Dec 10

Yellowknife **1:30PM – 3rd Tuesday**
ONLINE: Jan 20, Mar 17, Apr 21, Jun 16, Oct 20, Dec 15
In- Person: Feb 17, May 19, Sep 15, Nov 17

RED DEER REGION

Lacombe
Please join us in Red Deer! See below

Olds **1:30PM - 2nd Tuesday**
Jan 13, Feb 10, Mar 10, May 12, Jun 9, Sep 8, Oct 13, Nov 10

Red Deer **1:30PM - 3rd Wednesday**
Jan 21, Feb 18, Mar 18, May 20, Jun 17, Sep 16, Oct 21, Nov 18

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!

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.



**BECOME A MEMBER TODAY
AND SAVE ON PROGRAMS!**



PRIMARY MEMBERSHIP: \$35 PER YEAR
SECONDARY MEMBERSHIP: \$15 PER YEAR



<h3>101 EDUCATION SERIES</h3>	<h3>ADVANCE CARE PLANNING 101</h3>
<p>📺 ONLINE AND FREE TO ATTEND</p> <p>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. Registration is required a minimum of one (1) business day in advance to ensure a link can be sent to you.</p> <p>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</p>	<p>An Introduction to Advance Care Planning for Parkinson's</p> <p>Many people mistakenly believe that Advance Care Planning is just about planning for end of life, when in reality it is so much more! Learn about what it is, what it isn't, and why it's important.</p> <p>Feb 2 10:00AM, June 1 1:30PM, Nov 25 10:00AM</p>
<h3>PD 101</h3>	<h3>ADVANCED TREATMENT OPTIONS 101</h3>
<p>An Introduction to Parkinson disease</p> <p>This session will go over what Parkinson disease is, how it is diagnosed, motor and non-motor symptoms, support options available, and more.</p> <p>Last Thursday of Month 10:00AM & 6:30PM</p> <p>Find dates and register online</p>	<p>An Introduction to Parkinson's Surgical and Alternative Medication Delivery Systems</p> <p>This program is ideal for those interested in learning more about Deep Brain Stimulation (DBS), the Duodopa and Vyalev pumps, and other options available.</p> <p>Feb 9 7:00PM, July 22 10:00AM</p>
<h3>ADULT CHILDREN 101 *NEW*</h3>	<h3>ATYPICAL PARKINSONISM 101</h3>
<p>An Introduction to Navigating the Parkinson's Journey with a Parent</p> <p>As parents age and face evolving needs, especially with a Parkinson's diagnosis, adult children may struggle to give support. This session will go over 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.</p> <p>March 25 7:00PM, Sept 23 7:00PM</p>	<p>An Introduction to Atypical Parkinsonism</p> <p>This session is designed for those who have or have been recently diagnosed with Atypical Parkinsonism (PSP, MSA, CBD, DLB) and their families, explain how they differ from each other and from Parkinson disease, and more.</p> <p>Feb 23 10:00AM, Dec 1 1:00PM</p> 





101 EDUCATION SERIES CONTINUED

CARE PARTNER 101

An Introduction to Parkinson's from a Care Partner Perspective

This session is for those individuals who have a spouse/partner or loved one who has been recently diagnosed with PD or Atypical Parkinsonism. With a Care Partner perspective in mind, the session will discuss facial masking, apathy, communication, self-care, and more.

Jan 9 1:00PM, July 7 10:00AM, Oct 5 7:00PM

GOVERNMENT RESOURCES 101

An Introduction to Government Resources and Benefits

These sessions go over a variety of federal and provincial programs, benefits, and tax credits that may be available to you. This education session offers two different presentations:

For those 65 & OVER

Jan 16 1:00PM, April 13 10:00AM, Oct 26 10:00AM

For those UNDER 65

Jan 26 7:00PM, April 22 7:00PM, Nov 23 7:00PM

HOME CARE 101

An Introduction to Understanding Home Care Access and Options

This session will go over what home care is and is not, who can access it, and the different options available to you.

March 9 10:00AM, Sept 2 1:00PM



HOUSING TRANSITIONS 101

An Introduction to Navigating Housing Transitions

This session covers various housing transition options, including staying at home, downsizing, retirement communities, and long-term care. It aims to provide information and insights on available choices, as well as guidance on starting the conversation about these options.

May 25 10:00AM, Oct 21 1:00PM

PARKINSON'S MEDICATIONS 101

An Introduction to Parkinson's 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.

March 6 1:00PM, Sept 14 7:00PM, June 8 10:00AM, Dec 3 1:00PM

SPEECH & SWALLOWING 101

An Introduction to Parkinson's Speech & 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.

May 11 10:00AM, Aug 24 10:00AM, Nov 4 1:00PM



ASK AN EXPERT Q&A SESSION

ONLINE AND FREE TO ATTEND

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.

Find topics, experts, dates and other information online

WEBINAR WEDENSDBAYS

ONLINE AND FREE TO ATTEND

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.

System Crash! - Autonomic Dysfunction in PD

January 7 at 1:00PM Register by: Jan 6

Pelvic Health

March 4 at 10:00AM Register by: Mar 3

Cognitive Function in PD

June 3 at 1:00PM Register by: Jun 2

Old Dogs, New Tricks - Scams, Fraud, & Staying Safe

October 7 at 1:00PM Register by: Oct 6

ATYPICAL PARKINSONISM SYMPOSIUM

IN-PERSON EDMONTON & CALGARY

More details to come!

May 8 9:00AM - 12:00PM



With presentations from 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.

Saturday, November 7 9:30AM - 3:00PM

In Person Viewing Party

Calgary	\$20 Member \$25 Non-M
Edmonton	Includes lunch, coffee, and snacks
Lethbridge	
Red Deer	

Online	No Cost
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ACTIVITIES FOR BODY, VOICE & MIND

ACTIVE PROGRAMS

SCAN TO VIEW ACTIVE PROGRAMS

1-800-561-1911



COGNITIVE

THINKING, MEMORY & CONCENTRATION (TMC)

TMC offers the opportunity to work on fine motor and cognitive skills (including attention, decision making, reasoning, creativity, and various forms of memory) in a supportive virtual environment. This program now offers two levels:

- CHALLENGING
- MODERATE

ONLINE

Friday's 1:30 - 3:30PM

● Jan 23 - Feb 27 Register by: Jan 12

● Mar 13 - Apr 24 Register by: Mar 2
No class Apr 3

● May 22 - Jun 26 Register by: May 11

● Sep 11 - Oct 16 Register by: Aug 31
No class Sep 18

● Nov 6 - Dec 11 Register by: Oct 26

SOCIAL

COFFEE CHAT AT HOME *NEW*

Coffee Chat is a light-hearted, drop-in 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. Grab yourself a cup of coffee, tea, etc and join us online!

ONLINE

Every Thursday 1 - 2PM Drop-In FREE

(no group in December)

SPEECH & VOICE

Our Speech & Voice ONLINE drop-in program are facilitator led and open to everyone.

SOCIAL SING

No singing skills or experience required! 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.

ONLINE

Every Friday 10AM - 11:30PM Drop-In FREE

(no class Jan 2, Apr 3, Sep 18, Dec 25)

SPEECH PRACTICE GROUP

Work on improving your speech and communication skills at our drop-in 30 minute vocal and facial exercise program.

ONLINE

Every Monday 1 - 1:30PM Drop-In FREE

(no class Jan 5, Feb 16, Apr 6, May 18, Aug 3, Sep 7, Oct 12, Dec 21, Dec 28)

PHYSICAL (PROVINCIAL)

Our physical programs are categorized into three levels to make it easier to determine which class is best for you.

- CHALLENGING - for those able to get up/down from the floor quickly and independently
- MODERATE - for those able to get up/down from the floor slowly but safely
- LIGHT- for individuals who cannot get up/down onto the floor without assistance, who are experiencing/assessed with moderate to significant mobility, balance, falls or cognitive issues.



SCAN FOR OUR FULL PROGRAM LISTING ONLINE. FOR MORE INFORMATION, OR TO REGISTER, VISIT OUR WEBSITE WWW.PARKINSONASSOCIATION.CA OR CALL US AT 1-800-561-1911

ACTIVITIES FOR BODY, VOICE & MIND

EDUCATIONAL PROGRAMS

PHYSICAL (PROVINCIAL) CONTINUED

FITNESS AT HOME - MOTIVATION MONDAYS

NEW ●

This online fitness program is for people with Parkinson's to focus on improving the four key components of fitness — endurance, strength, balance, and flexibility — through adaptable, low-impact exercises that can be performed safely at home

ONLINE 

Every Monday Time tbd Drop-In FREE

(no class Jan 5, Feb 16, Apr 6, May 18, Aug 3, Sep 7, Oct 12, Dec 21, Dec 28)

FITNESS AT HOME - LIVE! ***NEW*** ●

This online fitness program is for people with Parkinson's to focus on improving the four key components of fitness — endurance, strength, balance, and flexibility — through adaptable, low-impact exercises that can be performed safely at home.

ONLINE OR IN PERSON  

Tues & Thurs 11AM - 12PM

Jan 6 - Feb 26 (16 sessions)

Register by: Dec 19 \$184 Member | \$230 Non-M

Mar 3 - Apr 30 (18 sessions)

Register by: Feb 23 \$204 Member | \$255 Non-M

May 5 - Jun 30 (17 sessions)

Register by: Apr 27 \$196 Member | \$245 Non-M

Jul 2 - Aug 27 (17 sessions)

Register by: Jun 22 \$196 Member | \$245 Non-M

Sep 1 - Oct 29 (18 sessions)

Register by: Aug 24 \$204 Member | \$255 Non-M

Nov 3 - Dec 17

(14 sessions)

Register by: Oct 26

\$160 Member | \$200 Non-M

FITNESS AT HOME - VIDEO SERIES! ***NEW*** ●●●

Hosted twice weekly this online fitness program for people with Parkinson's will focus on improving the four key components of fitness — endurance, strength, balance, and flexibility — through adaptable, low-impact exercises that can be performed safely at home.

ONLINE OR IN PERSON  



PHYSICAL (REGIONAL)

EDMONTON REGION

Please Note:

- Participation in any of PAA's physical programs requires an up-to-date assessment. These assessments help our Team determine which program(s) will be the best fit for you!
- Assessments are held in-person by appointment at the Edmonton office
 - \$50 for non-members | \$40 for members



SCAN FOR OUR FULL PROGRAM LISTING ONLINE. FOR MORE INFORMATION, OR TO REGISTER, VISIT OUR WEBSITE WWW.PARKINSONASSOCIATION.CA OR CALL US AT 1-800-561-1911

ACTIVITIES FOR BODY, VOICE & MIND

EDUCATIONAL PROGRAMS

SCAN TO VIEW ACTIVE PROGRAMS

1-800-561-1911



PHYSICAL (REGIONAL) CONTINUED

BOXING I ●

This twice-weekly high-intensity program is tailored for people with Parkinson's; and focuses on action exercises to build strength, power, flexibility, balance, hand-eye coordination, and cognition. No boxing experience necessary!

IN PERSON (EDM)

Mon & Wed 9:30 - 11AM

Jan 5 - Feb 25 (no class Feb 16) (15 sessions)
Register by: Dec 19 \$240 Member | \$300 Non-M

Mar 2 - Apr 29 (no class Apr 6) (17 sessions)
Register by: Feb 23 \$268 Member | \$335 Non-M

May 4 - Jun 29 (no class May 18) (16 sessions)
Register by: Apr 27 \$252 Member | \$315 Non-M

Jul 6 - Aug 31 (no class Jul 1, Aug 3) (16 sessions)
Register by: Jun 22 \$252 Member | \$315 Non-M

Sep 2 - Oct 28
(no class Sep 7, Sep 30, Oct 12) (14 sessions)
Register by: Aug 24 \$220 Member | \$275 Non-M

Nov 2 - Dec 16 (no class Nov 11) (13 sessions)
Register by: Oct 26 \$204 Member | \$255 Non-M

Tue & Thu 11:30AM - 12:30PM

Jan 6 - Feb 26 (16 sessions)
Register by: Dec 19 \$144 Member | \$180 Non-M

Mar 3 - Apr 30 (18 sessions)
Register by: Feb 23 \$164 Member | \$205 Non-M

May 5 - Jun 30 (17 sessions)
Register by: Apr 27 \$156 Member | \$195 Non-M

Jul 2 - Aug 27 (17 sessions)
Register by: Jun 22 \$156 Member | \$195 Non-M

Sep 1 - Oct 29 (18 sessions)
Register by: Aug 24 \$164 Member | \$205 Non-M

Nov 3 - Dec 17 (14 sessions)
Register by: Oct 26 \$128 Member | \$160 Non-M

BOXING II ●

This twice-weekly moderate-intensity program is tailored for people with Parkinson's; and focuses on action exercises to build strength, power, flexibility, hand-eye coordination, and balance. No boxing experience necessary!

IN PERSON (EDM)

Mon & Wed 11:30AM - 12:30PM

Jan 5 - Feb 25 (no class Feb 16) (15 sessions)
Register by: Dec 19 \$136 Member | \$170 Non-M

Mar 2 - Apr 29 (no class Apr 6) (17 sessions)
Register by: Feb 23 \$156 Member | \$195 Non-M

May 4 - Jun 29 (no class May 18) (16 sessions)
Register by: Apr 27 \$144 Member | \$180 Non-M

Jul 6 - Aug 31 (no class Jul 1, Aug 3) (16 sessions)
Register by: Jun 22 \$144 Member | \$180 Non-M

Sep 2 - Oct 28
(no class Sep 7, Sep 30, Oct 12) (14 sessions)
Register by: Aug 24 \$128 Member | \$160 Non-M

Nov 2 - Dec 16 (no class Nov 11) (13 sessions)
Register by: Oct 26 \$120 Member | \$150 Non-M

Tue & Thu 9:30- 11AM

Jan 6 - Feb 26 (16 sessions)
Register by: Dec 19 \$216 Member | \$270 Non-M



SCAN FOR OUR FULL PROGRAM LISTING ONLINE. FOR MORE INFORMATION, OR TO REGISTER, VISIT OUR WEBSITE WWW.PARKINSONASSOCIATION.CA OR CALL US AT 1-800-561-1911

ACTIVITIES FOR BODY, VOICE & MIND

EDUCATIONAL PROGRAMS

PHYSICAL (REGIONAL) CONTINUED

Mar 3 - Apr 30	(18 sessions)
Register by: Feb 23	\$244 Member \$305 Non-M
May 5 - Jun 30	(17 sessions)
Register by: Apr 27	\$232 Member \$290 Non-M
Jul 2 - Aug 27	(17 sessions)
Register by: Jun 22	\$232 Member \$290 Non-M
Sep 1 - Oct 29	(18 sessions)
Register by: Aug 24	\$244 Member \$305 Non-M
Nov 3 - Dec 17	(14 sessions)
Register by: Oct 26	\$188 Member \$235 Non-M

BOXING - CIRCUIT CONDITIONING

This once a week moderate-intensity program is tailored for people with Parkinson's; and focuses on action exercises to build strength, power, flexibility, hand-eye coordination, and balance. No boxing experience necessary!

IN PERSON (EDM) 

Friday's 9:30- 11AM

Jan 9 - Feb 27	(8 sessions)
Register by: Dec 19	\$108 Member \$135 Non-M
Mar 6 - Apr 24	(7 sessions)
Register by: Feb 23	\$96 Member \$120 Non-M
May 1 - Jun 26	(9 sessions)
Register by: Apr 27	\$124 Member \$155 Non-M
Jul 3 - Aug 28	(9 sessions)
Register by: Jun 22	\$124 Member \$155 Non-M
Sep 4 - Oct 30	(9 sessions)
Register by: Aug 24	\$124 Member \$155 Non-M

Nov 6 - Dec 18 (7 sessions)
Register by: Oct 26 \$96 Member | \$120 Non-M



CIRCUIT I

This is a high-intensity circuit class for Parkinson's that combines short bursts of intense exercise with brief recovery periods to improve motor function, balance, strength, and endurance. This program focuses on full-body movements, incorporating machines (treadmill/stationary bike), weights, ropes, stairs, and floor exercises.

IN PERSON 

Tues & Thurs 9- 10:30AM

Jan 6 - Feb 26	(16 sessions)
Register by: Dec 19	\$276 Member \$345 Non-M
Mar 3 - Apr 30	(18 sessions)
Register by: Feb 23	\$308 Member \$385 Non-M
May 5 - Jun 30	(17 sessions)
Register by: Apr 27	\$292 Member \$365 Non-M
Jul 2 - Aug 27	(17 sessions)
Register by: Jun 22	\$292 Member \$365 Non-M
Sep 1 - Oct 29	(18 sessions)
Register by: Aug 24	\$308 Member \$385 Non-M
Nov 3 - Dec 17	(14 sessions)
Register by: Oct 26	\$240 Member \$300 Non-M



SCAN FOR OUR FULL PROGRAM LISTING ONLINE. FOR MORE INFORMATION, OR TO REGISTER, VISIT OUR WEBSITE WWW.PARKINSONASSOCIATION.CA OR CALL US AT 1-800-561-1911

ACTIVITIES FOR BODY, VOICE & MIND

EDUCATIONAL PROGRAMS

SCAN TO VIEW ACTIVE PROGRAMS

1-800-561-1911



PHYSICAL (REGIONAL) CONTINUED

CIRCUIT II ●

Circuit II is our 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!

IN PERSON

Mon & Wed 9:30 - 11AM

Jan 5 - Feb 25 (no class Feb 16) (15 sessions)
Register by: Dec 19 TBD

Mar 2 - Apr 29 (no class Apr 6) (17 sessions)
Register by: Feb 23 TBD

May 4 - Jun 29 (no class May 18) (16 sessions)
Register by: Apr 27 TBD

Jul 6 - Aug 31 (no class Jul 1, Aug 3) (16 sessions)
Register by: Jun 22 TBD

Sep 2 - Oct 28
(no class Sep 7, Sep 30, Oct 12) (14 sessions)
Register by: Aug 24 TBD

Nov 2 - Dec 16 (no class Nov 11) (13 sessions)
Register by: Oct 26 TBD

DANCE WITH PARKINSON'S ●

In partnership with Ballet Edmonton, this mid-level movement to music program is designed specifically for people with Parkinson's and their loved ones. These researched-backed sessions provide physical and emotional benefits for those who participate. No dance experience necessary!

IN PERSON

Tue 1:30PM - 2:30PM

Mar 3 - Apr 28 (no class Mar 31) (8 sessions)
Register by: Feb 23 \$24 Member | \$30 Non-M

May 5 - Jun 23 (8 sessions)
Register by: Apr 27 \$24 Member | \$30 Non-M

July 7 - Aug 25 (8 sessions)
Register by: Jun 22 \$24 Member | \$30 Non-M

Sep 8 - Oct 27 (8 sessions)
Register by: Aug 31 \$24 Member | \$30 Non-M

POWER, BALANCE & REACH ●

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.

IN PERSON

Mon & Wed TBD

Jan 5 - Feb 25 (no class Feb 16) (15 sessions)
Register by: Dec 19 \$172 Member | \$215 Non-M

Mar 2 - Apr 29 (no class Apr 6) (17 sessions)
Register by: Feb 23 \$196 Member | \$245 Non-M

May 4 - Jun 29 (no class May 18) (16 sessions)
Register by: Apr 27 \$184 Member | \$230 Non-M

Jul 6 - Aug 31 (no class Jul 1, Aug 3) (16 sessions)
Register by: Jun 22 \$184 Member | \$230 Non-M

Sep 2 - Oct 28
(no class Sep 7, Sep 30, Oct 12) (14 sessions)
Register by: Aug 24 \$160 Member | \$200 Non-M

Nov 2 - Dec 16 (no class Nov 11) (13 sessions)
Register by: Oct 26 \$148 Member | \$185 Non-M



SCAN FOR OUR FULL PROGRAM LISTING ONLINE. FOR MORE INFORMATION, OR TO REGISTER, VISIT OUR WEBSITE WWW.PARKINSONASSOCIATION.CA OR CALL US AT 1-800-561-1911

ACTIVITIES FOR BODY, VOICE & MIND

EDUCATIONAL PROGRAMS

PHYSICAL (REGIONAL) CONTINUED

SIT 'N STAND ●

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.

IN PERSON 

Mon & Wed 9:30 - 11AM

Jan 5 - Feb 25 (no class Feb 16) (15 sessions)
Register by: Dec 19 TBD

Mar 2 - Apr 29 (no class Apr 6) (17 sessions)
Register by: Feb 23 TBD

May 4 - Jun 29 (no class May 18) (16 sessions)
Register by: Apr 27 TBD

Jul 6 - Aug 31 (no class Jul 1, Aug 3) (16 sessions)
Register by: Jun 22 TBD

Sep 2 - Oct 28 (no class Sep 7, Sep 30, Oct 12) (14 sessions)
Register by: Aug 24 TBD

Nov 2 - Dec 16 (no class Nov 11) (13 sessions)
Register by: Oct 26 TBD



COMMUNITY PROGRAMS

A number of Parkinson's-specific and senior-level exercise and fitness programs abound across the province. Reach out to a Client Services Team member to find out what is best for you in your community.

CALGARY REGION

PWR! programs, Parkinson's boxing, dance classes, seniors' fitness programs.

EDMONTON REGION

In addition to the programs listed in this directory, a large variety of seniors' fitness programs are also available.

GRANDE PRAIRIE REGION

In-person and virtual Parkinson's-specific exercise programs are available, including cardio, boxing, and general exercise.

LETHBRIDGE & MEDICINE HAT REGION

Parkinson's-specific boxing, senior-level fitness programs.

LLOYDMINSTER REGION

Senior-level fitness programs, including exercise, swimming, yoga, and walking groups.

NORTHWEST TERRITORIES REGION

Several senior-level fitness programs are available throughout NWT, including exercise, aquafit, bowling, Tai Chi, yoga, curling, dancing, strength & balance programs, swimming, and more.



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ACTIVITIES FOR BODY, VOICE & MIND

EDUCATIONAL PROGRAMS

PHYSICAL (REGIONAL) CONTINUED

COMMUNITY PROGRAMS

RED DEER REGION

Red Deer and Olds both have Parkinson's-specific boxing programs, plus senior-level fitness programs.

