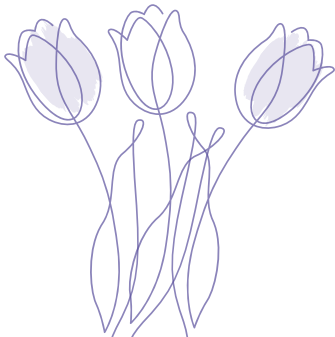




For questions, assistance registering,
or new program partnership,
contact our programs support at
programs@nwpf.org
www.nwpf.org



**NORTHWEST
PARKINSON'S
FOUNDATION**

Programs for People with PD

Care Partners and their loved ones

In the Spotlight:

October 2026

14th Annual CELEBRATE! Gala

5:30pm **Oct 9**

We have a few extra seats if you still want to come and enjoy an evening of fundraising, honoring David Sanders, and disco dancing! Find the link to the gala website, nwpf.org/gala2026

NWPF Apothecary with Dr. Pinky Agarwal

5:00-6:00pm **Oct 13**

Topic: *GOCOVRI - Go for More with GOCOVRI*

Sponsored by Supernus Pharmaceuticals

NWPF Meet the Expert with Nate Coomer

11:00am-12:00pm **Oct 20**

Topic: *Amplitude Training with Physical Therapy*

Season of Giving is coming. We will be sending out our annual holiday cards which will have our return address on Mercer Island, all money that is raised here in the NW stays here in the NW, because we are an independent, local nonprofit. We do not send money back to a headquarters on the East Coast, because we are here in the NW. So, if you get a request from us, Northwest Parkinson's Foundation, make sure the return address is 3010 77th Ave SE, Mercer Island, WA 98040. That's us!

Stay **ACTIVE, FIT, and ENGAGED**
with our **FREE** monthly programs

All classes are designed for people living
with Parkinson's to help with:

**MIND BODY CONNECTION, MOVEMENT,
STRENGTH, BALANCE, and COGNITION.**

Register for events and
classes via online
calendar of events:



For complete class descriptions go to:

<https://nwpf.org/programs/sponsored-programs/>

All online classes are Pacific
Time Zone unless otherwise
stated. We offer classes 7
days a week! **All of our
programs are FREE!**



VIRTUAL Programs:

"Your Morning Wake Up Call": Voice & Cognition:

Mondays 9:00-9:45a

Zumba Gold for Parkinson's: Mondays 10:00-10:45a

Feldenkrais Method: Mondays, 2:30-3:15p

Mindfulness with Moldauer: 1st and 3rd Mondays.

Yoga For Healing w/Jessie Lu: Tuesdays 10:00-11:00a

Tremolo Singers: First 3 Tuesdays 11:00-Noon

SilverKite Art Series: 6 week series, Weds 1:00-2:00p

Watercolor Wednesdays Oct 7 - Nov 18

Boxing without Borders: Fridays 10:00-11a

Victory Drumming: First 3 Fridays of the month 11:00-Noon

STG Dance for PD Online: Fridays, 11:00-Noon. 10/16-12/11

HYBRID Programs: (in-person and online)

**Tai Ji Quan: Moving for Better Balance: Vital Kinesis PT

Part One - Wednesdays 12-1:00P Bellevue, WA

Part Two - Mondays 12-1:00p Bellevue, WA

**SPEAK OUT! Therapy Program@: M/W 1-4p, NWPF Spokane

Contact Doreen at doreen.nicholas@ewu.edu.

*IN-PERSON Programs:

*Pedaling for Parkinson's

Whatcom Family YMCA: (Bellingham) M/W/F 9:30-10:45a

*IN-PERSON Programs continued:

*Pedaling for Parkinson's

Mill Creek Family YMCA: (Mill Creek) M/W 10:30-11:30a

*Edgeworks PD Climbing: (Tacoma) Mondays 10-11a

*PD Karate Club: (YMCA Shoreline) M/W 10:30-Noon

*Dance for PD Idaho (Boise): Mondays 2-3p

*Dance for Parkinson's+: (Moscow, ID) Tuesdays 10:30-Noon
Palouse Mall Entrance

*Move2Thrive: (Whitworth Campus) Weds 1:30-2:30 & 3:30-4:30

*WildWalls PD Climbing: (Spokane) 1st and 3rd Tuesdays 1:00-3:00p

*Firehouse Arts Dance for PD: (Bellingham) Thursdays 11:00-Noon

*Edgeworks PD Climbing: (Bellevue): One Thursday/month 10-11a

*STG Dance for PD: Thurs 10:30-12p Garfield Comm Cntr, 10/8-12/3

*Yoga for Healing: (Bellingham) Thursdays 11:00-Noon
Whatcom Family YMCA

*Bionic Brain Club: (Spokane) Email audrey@nwpf.com for info.

*SportsForEquity: PingPongParkinson (Bellevue) Bi-weekly on Sats
9:00a-10:30 PacNW Table Tennis Club

*Vertical World PD Climbing (Magnolia) 1st Saturday 10-11:30a

*Gonzaga Dance for PD: (Spokane) Every Wed and Sat 11:00-12:15p

*Edgeworks PD Climbing: (Ballard): 2nd and 4th Saturday 2:00-3:30p

*Yoga for Parkinson's: (Missoula, MT) 2:30-3:30p MST

October 2026

In-Person = *
Hybrid (online & in-person) = **
Virtual has no *

All online classes are Pacific Time
Zone unless otherwise stated.



VIRTUAL Programs:

"Your Morning Wake Up Call":

Mondays 9:00-9:45a
Oct 5, 12, 19, 26

Zumba Gold for Parkinson's:

Mondays 10:00-10:45a
Oct 5, 12, 19, 26

Feldenkrais Method:

Mondays, 2:30-3:15p
Oct 5, 12, 19, 26

Mindfulness with Moldauer:

1st and 3rd Mondays 3:30-4:30p
Oct 5 and 19

Yoga For Healing w/Jessie Lu:

Tuesdays 10:00-11:00a
Oct 6, 13, 20, 27

Tremolo Singers:

First 3 Tuesdays 11:00-Noon
Oct 6, 13, 20

SilverKite Watercolor Weds

Weds 1:00-2:00pm (no class 11/11)
Oct 7, 14, 21, 28 and Nov 4, 18

Boxing without Borders:

Fridays 10:00-11:00a
Oct 2, 9, 16, 23

Victory Drumming:

First 3 Fridays 11:00-Noon
Oct 2, 9, 16

STG Dance for PD Online:

Fridays, 11:00-Noon
Oct 16, 23, 30

HYBRID Programs:

**Tai Ji Quan:

Moving for Better Balance:

Part One (Wed)	Part Two (Mon)
Noon-1:00pm	Noon-1:00pm
Oct 7, 14, 21, 28	Oct 5, 12, 19, 26

*IN-PERSON Programs:

*Pedaling for Parkinson's

Whatcom Family YMCA

Mon/	Weds/	Fri/ 9:30-10:45a
		Oct 2
Oct 5	Oct 7	Oct 9
Oct 12	Oct 14	Oct 16
Oct 19	Oct 21	Oct 23
Oct 26	Oct 28	

*IN-PERSON Programs (continued)

*Pedaling for Parkinson's

Mill Creek Family YMCA

Mon & Weds/ 10:30-11:30a
Oct 5, 7, 12, 14, 19, 21, 26, 28

*Edgeworks PD Climbing (Tacoma):

Mondays 10-11a
Oct 5, 12, 19, 26

*PD Karate Club: YMCA (Shoreline)

Mon/	Weds/	10:30-Noon
Oct 5	Oct 7	
Oct 12	Oct 14	
Oct 19	Oct 21	
Oct 26	Oct 28	

*Dance for PD Idaho (Boise):

Mondays 2-3p
Oct 5, 12, 19, 26

**SPEAK OUT! Therapy Program®:

M/W 1-4p, NWPF Spokane
Email for info: dnicholas@ewu.edu

*Dance for Parkinson's+: (Moscow, ID)

Palouse Mall Entrance Sept. 8-Nov. 10
Tuesdays 10:30-Noon
Oct 6, 13, 20, 27

*Wild Walls PD Climbing (Spokane)

1st and 3rd Tuesdays 1-3:00p
Oct 6 and 20

*Move2Thrive: (Whitworth Campus)

Weds 1:30-2:30 & 4:00-5:00
Oct 7, 14, 21, 28

*Firehouse Arts Dance for PD: (B'ham)

Thursdays 11:00-Noon
Oct 1, 8, 15, 22, 29

*Yoga for Healing: Whatcom YMCA

Thursdays 11:00-Noon
Oct 1, 8, 15, 22, 29

*Edgeworks PD Climbing (Bellevue)

Thursday/once a month 10:00-11:00a
Oct 22

*STG Dance for PD: Garfield Community Ctr

Thursdays 10:30-Noon
Oct 8, 15, 22, 29

*Gonzaga Dance for PD: Spokane

Weds and Saturdays 11:00-12:15p
Oct 3, 10, 17, 24, 31

*SportsForEquity: PingPongParkinson (PPP)

Bi-weekly 9:00-10:30a
Oct 10 and 24

Vertical World PD Climbing (Seattle)

1st Saturday monthly 10:00-11:30a
Oct 3

*Edgeworks PD Climbing: Seattle

2nd and 4th Saturday 2:00-3:30p
Oct 10 and 24

*Yoga for Parkinson's: Missoula, MT

Sundays 2:30-3:30p MT
Oct 4, 11, 18, 25

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## Special Events: (Register at [nwpf.org](http://nwpf.org))

Oct 9 - Celebrate! Gala  
Oct 13 - HOPE Apothecary - Dr. Agarwal  
Oct 20 - HOPE Meet the Expert - Dr. Coomer

## **All NWPF Sponsored Classes and Support Groups are FREE.**

### **Support Groups w/ Dr. Marci**

|                        |                  |
|------------------------|------------------|
|                        | Online           |
| Women with PD          | 3-4p T Oct 6     |
| Adult Children of PwPD | 6-7p T Oct 6     |
| Care Partners          | 3-4:30p T Oct 13 |
| Newly Diagnosed        | 3-4p Th Oct 8    |
| People w/ PD SG        | 12-1p Th Oct 15  |
| Snoqualmie Valley      | 4-5p Th Oct 15   |
| Lay Facilitators       | 2-3p T Oct 20    |
| Care Partners          | 3-4:30p T Oct 27 |

### **Spokane Group w/Audrey Parks**

|               |                   |
|---------------|-------------------|
|               | In-Person         |
| Care Partners | 1-2:30p Th Oct 15 |



All Programs  
are 100% Free  
because of  
generous  
donors like you!

### **Support Groups?**

Contact  
Dr. Marci Nemhauser  
[Dr.Marci@nwpf.org](mailto:Dr.Marci@nwpf.org)  
206-748-9481

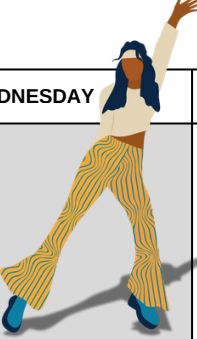
### **Program questions?**

Contact us at  
[programs@nwpf.org](mailto:programs@nwpf.org)

# October 2026

## In-Person Programs

Hybrid = \*\*

| SUNDAY                                                                           | MONDAY                                                                                                                                                                                                                    | TUESDAY                                                                                              | WEDNESDAY                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                          | FRIDAY                                                                                      | SATURDAY                                                                                                                                                   |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |                                                                                                                                          |                                                                                                      |                                                                                                                                  | 1<br>Yoga for Healing<br>-B'ham YMCA 11-12<br>Dance for Parkinson<br>Firehouse Arts B'Ham<br>11-Noon                                                                                              | 2<br>Pedaling for PD<br>YMCA B'ham<br>9:30-10:45                                            | 3<br>PD Climbing<br>Vertical World<br>10-11:30                                                                                                             |
| 4<br>Yoga for You<br>MT 1:30-2:30                                                | 5<br>Pedaling for PD YMCA<br>-B'ham 9:30-10:45<br>-Mill Creek 10:30-11:45<br>PD Climbing Edgeworks<br>(Tac) 10-11:30<br>PD Karate (Shoreline)<br>10:30-Noon<br>Dance for PD Idaho 2-3                                     | 6<br>Dance for Parkinson+<br>(Moscow) 10:30-Noon<br>PD Climbing Wild Walls<br>(Spokane) 1:00-3:00    | 7<br>Pedaling for PD YMCA<br>-B'ham 9:30-10:45<br>-Mill Creek 10:30-11:45<br>PD Karate Club<br>(Shoreline) 10:30-Noon<br>Gonzaga Dance.<br>(Spokane) 11-12:15<br>Move2Thrive (Whitworth)<br>1:30-2:30 & 4:00-5:00 | 8<br>STG Dance @ Garfield<br>(Seattle) 10:30-noon<br>Yoga for Healing<br>-B'ham YMCA 11-12<br>Dance for Parkinson<br>Firehouse Arts B'Ham<br>11-Noon                                              | 9<br>Pedaling for PD<br>YMCA B'ham<br>9:30-10:45<br><br><b>NWPF<br/>Celebrate!<br/>Gala</b> | 10<br>SportyForEquity<br>PingPongPD<br>9-10:30<br>Gonzaga Dance<br>11-12:15<br>PD Climbing<br>Edgeworks<br>Ballard<br>2:00-3:30                            |
| 11<br>Yoga for You<br>MT 1:30-2:30                                               | 12 <b>INDIGENOUS<br/>PEOPLE'S DAY</b><br>Pedaling for PD YMCA<br>-B'ham 9:30-10:45<br>-Mill Creek 10:30-11:45<br>PD Climbing Edgeworks<br>(Tac) 10-11:30<br>PD Karate (Shoreline)<br>10:30-Noon<br>Dance for PD Idaho 2-3 | 13<br>Dance for Parkinson's+<br>(Moscow) 10:30-Noon                                                  | 14<br>Pedaling for PD YMCA<br>-B'ham 9:30-10:45<br>-Mill Creek 10:30-11:45<br>PD Karate Club<br>(Shoreline) 10:30-Noon<br>Gonzaga Dance<br>(Spokane) 11-12:15<br>Move2Thrive (Whitworth)<br>1:30-2:30 & 4:00-5:00 | 15<br>STG Dance @ Garfield<br>(Seattle) 10:30-noon<br>Yoga for Healing<br>-B'ham YMCA 11-12<br>Dance for Parkinson<br>Firehouse Arts B'Ham<br>11-Noon                                             | 16<br>Pedaling for PD<br>YMCA B'ham<br>9:30-10:45                                           | 17<br>Gonzaga Dance<br>11-12:15                                                                                                                            |
| 18<br>Yoga for You<br>MT 1:30-2:30                                               | 19<br>Pedaling for PD YMCA<br>-B'ham 9:30-10:45<br>-Mill Creek 10:30-11:45<br>PD Climbing Edgeworks<br>(Tac) 10-11:30<br>PD Karate (Shoreline)<br>10:30-Noon<br>Dance for PD Idaho 2-3                                    | 20<br>Dance for Parkinson's+<br>(Moscow) 10:30-Noon<br>PD Climbing Wild Walls<br>(Spokane) 1:00-3:00 | 21<br>Pedaling for PD YMCA<br>-B'ham 9:30-10:45<br>-Mill Creek 10:30-11:45<br>PD Karate Club<br>(Shoreline) 10:30-Noon<br>Gonzaga Dance<br>(Spokane) 11-12:15<br>Move2Thrive (Whitworth)<br>1:30-2:30 & 4:00-5:00 | 22<br>PD Climbing Bellevue<br>-Edgeworks 10-11<br>STG Dance @ Garfield<br>(Seattle) 10:30-noon<br>Yoga for Healing<br>-B'ham YMCA 11-12<br>Dance for Parkinson<br>Firehouse Arts B'Ham<br>11-Noon | 23<br>Pedaling for PD<br>YMCA B'ham<br>9:30-10:45                                           | 24<br>SportyForEquity<br>PingPongPD<br>9-10:30<br>Gonzaga Dance<br>11-12:15<br>PD Climbing<br>Edgeworks<br>Ballard 2-3:30                                  |
| 25<br>Yoga for You<br>MT 1:30-2:30                                               | 26<br>Pedaling for PD YMCA<br>-B'ham 9:30-10:45<br>-Mill Creek 10:30-11:45<br>PD Climbing Edgeworks<br>(Tac) 10-11:30<br>PD Karate (Shoreline)<br>10:30-Noon<br>Dance for PD Idaho 2-3                                    | 27<br>Dance for Parkinson's+<br>(Moscow) 10:30-Noon                                                  | 28<br>Pedaling for PD YMCA<br>-B'ham 9:30-10:45<br>-Mill Creek 10:30-11:45<br>PD Karate Club<br>(Shoreline) 10:30-Noon<br>Gonzaga Dance<br>(Spokane) 11-12:15<br>Move2Thrive (Whitworth)<br>1:30-2:30 & 4:00-5:00 | 29<br>STG Dance @ Garfield<br>(Seattle) 10:30-noon<br>Yoga for Healing<br>-B'ham YMCA 11-12<br>Dance for Parkinson<br>Firehouse Arts B'Ham<br>11-Noon                                             | 30<br>Pedaling for PD<br>YMCA B'ham<br>9:30-10:45                                           | 31<br>Gonzaga Dance<br>11-12:15<br><br><b>HAPPY<br/>HALLOWEEN</b><br> |

[www.NWPF.org](http://www.NWPF.org)

Local. Independent. Here for you.

**Program  
questions?**  
Jennifer Johnson  
jen@nwpf.org  
425-442-5647

**Support Groups?**  
Dr. Marci  
Nemhauser  
dr.Marci@nwpf.org  
206-748-9481

All Programs are  
100% Free because of  
generous donors like you!



# October 2026

In-Person = \*  
Hybrid = \*\*  
Virtual has no \*

## Virtual/Hybrid Programs

All online classes are Pacific Time Zone unless otherwise stated.

| SUNDAY                                                                                | MONDAY                                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                                          | WEDNESDAY                                                                                        | THURSDAY                                                                                                                | FRIDAY                                                                                             | SATURDAY                                                                                                              |
|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
|       |                                                                                                                                                                                                    |                                                                                                                                                 |                                                                                                  | 1                                                                                                                       | 2<br>Boxing without Borders 10-11<br><br>Victory Drumming 11-Noon                                  | 3                                                                                                                     |
| 4<br> | 5<br><del>Your Morning WakeUp Call 9-9:45</del><br>Zumba Gold 10-10:45<br>Tai Ji Quan (Part II)**<br>Hybrid Class Noon-1pm<br><br>Feldenkrais 2:30-3:15<br><br>Mindfulness with Moldauer 3:30-4:30 | 6<br>Yoga for Healing w/Jessie 10-11<br>Tremolo Singers Online 11:00-Noon<br><br><b>Support Group:</b><br>-Women w/ PD<br>Dr. Marci 3-4pm<br>-Adult Children of PwP<br>Dr. Marci 6-7pm                                           | 7<br>Tai Ji Quan (Part I)<br>Hybrid Class Noon-1pm<br><br>Watercolor Weds with SilverKite 1-2pm  | 8<br><br><b>Support Group:</b><br>-Newly Diagnosed PD<br>Dr. Marci 3-4pm                                                | 9<br>Boxing without Borders 10-11<br>Victory Drumming 11-Noon<br><br><b>NWPF Celebrate! Gala</b>   | 10                                                                                                                    |
| 11                                                                                    | 12<br><b>Indigenous People's Day</b><br><br>Your Morning WakeUp Call 9-9:45<br>Zumba Gold 10-10:45<br><br>Tai Ji Quan (Part II)**<br>Hybrid Class Noon-1pm<br><br>Feldenkrais 2:30-3:15            | 13<br>Yoga for Healing w/Jessie 10-11<br>Tremolo Singers Online 11:00-Noon<br><b>HOPE Apothecary w/ Dr. Agarwal 5pm</b><br><br><b>Support Group:</b><br>-Care Partners<br>Dr. Marci 3-4:30pm                                     | 14<br>Tai Ji Quan (Part I)<br>Hybrid Class Noon-1pm<br><br>Watercolor Weds with SilverKite 1-2pm | 15<br><br><b>Support Groups:</b><br>-People w/ Parkinson's<br>Dr. Marci Online 12-1<br>-Snoqualmie Valley SG Online 4-5 | 16<br>Boxing without Borders 10-11<br><br>Victory Drumming 11-Noon<br><br>STG Dance Online 11-Noon | 17                                                                                                                    |
| 18                                                                                    | 19<br>Your Morning WakeUp Call 9-9:45<br><br>Zumba Gold 10-10:45<br><br>Tai Ji Quan (Part II)<br>Hybrid Class Noon-1pm<br><br>Feldenkrais 2:30-3:15<br><br>Mindfulness with Moldauer 3:30-4:30     | 20<br>Yoga for Healing w/Jessie 10-11<br><br><b>NWPF MEET THE EXPERT with Dr. Nate Coomer Amplitude Training 11am PT Register at nwpf.org</b><br><br><b>Support Group:</b><br>-Lay Facilitators Training<br>Dr. Marci Online 2-3 | 21<br>Tai Ji Quan (Part I)<br>Hybrid Class Noon-1pm<br><br>Watercolor Weds with SilverKite 1-2pm | 22                                                                                                                      | 23<br>Boxing without Borders 10-11<br><br>STG Dance Online 11-Noon                                 | 24                                                                                                                    |
| 25                                                                                    | 26<br>Your Morning WakeUp Call 9-9:45<br><br>Zumba Gold 10-10:45<br><br>Tai Ji Quan (Part II)**<br>Hybrid Class Noon-1pm<br><br>Feldenkrais 2:30-3:15                                              | 27<br>Yoga for Healing w/Jessie 10-11<br><br><b>Support Group:</b><br>-Care Partners<br>Dr. Marci 3-4:30                                                                                                                         | 28<br>Tai Ji Quan (Part I)<br>Hybrid Class Noon-1pm<br><br>Watercolor Weds with SilverKite 1-2pm | 29                                                                                                                      | 30<br>Boxing without Borders 10-11<br><br>STG Dance Online 11-Noon                                 | 31<br><b>HAPPY HALLOWEEN</b><br> |



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**Support Groups?**  
Dr. Marci Nemhauser  
dr.Marci@nwpf.org 206-748-9481

**Program questions?**  
Jennifer Johnson  
jen@nwpf.org 425-442-5647

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# October 2026

## INLAND NORTHWEST AREA

FOR ONLINE CLASSES

All online classes are Pacific Time Zone unless otherwise stated.

| SUNDAY                                                                           | MONDAY                                                                                                                                                                                                                                | TUESDAY                                                                                                                                                                                                     | WEDNESDAY                                                                                      | THURSDAY                                                                               | FRIDAY | SATURDAY                                                                                                                                                       |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |                                                                                                                                                                                                                                       |                                                                                                                                                                                                             |                                                                                                | 1                                                                                      | 2      | 3<br>Gonzaga Dance<br>11-12:15<br><br>Pass to Pass local<br>hike                                                                                               |
| 4                                                                                | 5                                                                                                                                                                                                                                     | 6<br><br>Dance for Parkinson's+<br>(Moscow) 10:30-Noon<br><br>PD Climbing Wild Walls<br>(Spokane) 1:00-3:00                                                                                                 | 7<br><br>Gonzaga Dance<br>11-12:15                                                             | 8<br><br><b>Womens<br/>Support Group<br/>1:00-2:00<br/>Spokane NWPF<br/>Office</b>     | 9      | 10<br><br>Gonzaga Dance<br>11-12:15                                                                                                                            |
| 11                                                                               | 12<br><br><b>INDIGENOUS<br/>PEOPLE'S DAY</b><br><br><br><br>Dance for<br>Parkinson's PopUp<br>(Tri-Cities)<br>12:00-1:00pm PT<br>Kadlec Health Plex | 13<br><br>Dance for Parkinson's+<br>(Moscow) 10:30-Noon<br><br><b>HOPE Apothecary<br/>w/ Dr. Agarwal<br/>5pm</b>                                                                                            | 14<br><br>Gonzaga Dance<br>11-12:15<br><br>Move2Thrive<br>(Whitworth)<br>1:30-2:30 & 4:00-5:00 | 15<br><br><b>Caregiver<br/>Support Group<br/>1:00-2:30<br/>Spokane NWPF<br/>Office</b> | 16     | 17<br><br>Gonzaga Dance<br>11-12:15                                                                                                                            |
| 18                                                                               | 19                                                                                                                                                                                                                                    | 20<br>PD Climbing Wild Walls<br>(Spokane) 1:00-3:00<br><br>Dance for Parkinson's+<br>(Moscow) 10:30-Noon<br><br><b>NWPF<br/>MEET THE EXPERT<br/>with Dr. Nate Coomer<br/>Amplitude Training<br/>11am PT</b> | 21<br>Gonzaga Dance<br>11-12:15<br><br>Move2Thrive<br>(Whitworth)<br>1:30-2:30 & 4:00-5:00     | 22                                                                                     | 23     | 24<br><br>Gonzaga Dance<br>11-12:15                                                                                                                            |
| 25                                                                               | 26                                                                                                                                                                                                                                    | 27<br>Dance for Parkinson's+<br>(Moscow) 10:30-Noon<br><br><b>PD Connect<br/>Support Group<br/>4:30-6:30<br/>Redeemer Lutheran<br/>Church<br/>Spokane Valley</b>                                            | 28<br>Gonzaga Dance<br>11-12:15<br><br>Move2Thrive<br>(Whitworth)<br>1:30-2:30 & 4:00-5:00     | 29                                                                                     | 30     | 31<br>Gonzaga Dance<br>11-12:15<br><br><b>HAPPY<br/>HALLOWEEN</b><br><br> |

### Program or Support Group questions?

Contact Audrey Parks  
Audrey@nwpf.org or 541-639-9444

[www.NWPF.org](http://www.NWPF.org) ~ Local. Independent. Here for you.

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