

For questions, assistance registering, or new program partnership, contact
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www.nwpf.org



**NORTHWEST
 PARKINSON'S
 FOUNDATION**

Programs for PwP

Care Partners and their loved ones

June 2024

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

In the Spotlight:

May is National Men's Health Awareness Month

HOPE Apothecary Series: June 27, 4:00-5:00 pm PT

~ "Managing Motor Fluctuations with Advanced Technology",
 Dr. Jennie Davis, Movement Disorder Specialist
 Maple Valley Neurology, sponsored by Medtronic

Thank you to all who came out and supported NwPF at our 2024 WALK FOR PARKINSON'S Fundraiser!

There is still time to donate, please go to www.nwpf.org

Spring HOPE Conferences on the 2024 Schedule:

Conferences are full day, in-person gatherings with local and regional PD experts, designed to keep people with Parkinson's informed of the latest PD advancements, treatment options, and research. Boxed lunch provided by Boston Scientific. 9:00am-4:15
 Register at www.nwpf.org/HOPE2024 for:

Anchorage, AK ~ The Lakefront Anchorage Hotel **June 1**
 South Puget Sound (8/17), North Puget Sound (9/7) and
 Spokane (10/19) registration opening soon.

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.



VIRTUAL Programs:



["Your Morning Wake Up Call"](#) Voice & Cognition:
 Mondays 9:00-9:45 am
[Yoga For Healing w/Jessie Lu](#): Tuesdays 10:00-11:00 am
[Ageless Grace](#): Thursdays 1:00-1:30 pm
[SilverKite Limited Art Series](#): Wednesdays 1:00-2:00 pm
[Mindfulness with Moldauer](#): First and third Mondays of the month 3:30-4:30 pm (ends 6/17)
[Tremolo Singers](#): First 3 Tuesdays of the month 11:00-Noon
[Nia, Moving to Heal](#): Wednesdays 11:30-12:15 pm
[Feldenkrais](#): Thursdays 10:00-11:00 am
[Victory Drumming](#): First 3 Fridays of the month 11:00-Noon
[Zumba Gold for Parkinson's](#): Mondays 10:00-10:45 am
[Boxing without Borders](#): Fridays 10:00-11 am
[STG Dance for PD Online](#): Fridays, 11:00 am-Noon

HYBRID Programs:

**[Tai Ji Quan: Moving for Better Balance](#):
[Part One](#) Wednesdays 12-1:00pm (ends June 5)
[Part Two](#) Mondays 1-2:00 pm (ends June 3)
 Vital Kinesis PT, Bellevue, WA (**IN-PERSON and VIRTUAL**)

***IN-PERSON Programs:**

*[Firehouse Dance for PD](#): Mondays 10:45-11:45 am (new session starts in July) Firehouse Arts & Event Center, Bellingham, WA
 *[Pedaling for Parkinson's](#): Mondays/Wednesdays/Fridays 9:30-10:45 am Whatcom Family YMCA, Bellingham, WA
 *[Yoga for Healing](#): Thursdays 11:00-Noon Whatcom Family YMCA, Bellingham, WA
 *[Rock Steady Boxing](#): Mondays/Tuesdays/Thursdays 2:00-3:30 pm and/or Saturday 3:15-4:45 pm Cappy's Gym, Seattle, WA
 *[STG Dance for PD](#) Summer Session (starts 6/13) Thursdays 10:30-Noon Garfield Community Center, Seattle, WA
 *[Gonzaga Dance for PD](#): Saturdays 11:00-12:15 pm Gonzaga University, Spokane, WA (Summer: 6/1, 6/29, 7/20, 8/17)
 *[Singing for Wellness & Joy!](#): Fridays 1:00-2:00 pm NWPF Office, Spokane, WA
 *[Bionic Brain Club](#): Second Thursday of the month, Noon-1:00 pm NWPF Office, Spokane, WA
 *[Tremolo Singers](#): Last Tuesday of each month, 11:00-12:30 pm MusicWorks Northwest, Bellevue, WA
 *[Dance for PD Boise](#): Mondays 2:00-3:00 pm Esther Simplot Performing Arts Annex, Boise, ID

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Have questions? Contact Kristine Pedigo Kristine@nwpf.org 360-305-8297</p> <p>Support Groups? Contact Dr. Marci Nemhauser Dr.Marci@nwpf.org 206-748-9481</p>	 <p>NORTHWEST PARKINSON'S FOUNDATION</p> <p>In-Person = * Hybrid = ** Virtual has no *</p>	 <p>All Programs are 100% Free because of generous donors like you!</p>	<p>"I absolutely loved both the virtual boxing AND the Zumba class! I can't wait for next week!"</p> <p>– Class Participant, Boxing Without Borders & Zumba Gold May 10, 2024</p>	<p>"I thoroughly enjoy the SilverKite Arts class. One hour of creativity calms my nervous system for the remainder of the day."</p> <p>– Class Participant, SilverKite Arts May 8, 2024</p>	<p>1</p> <p>*RSB Cappy's Gym 3:15-4:45</p> <p>*Gonzaga Dance 11-12:15</p> <p>*HOPE Conference Anchorage, AK 9-4:30</p> <p>Register at www.nwpf.org/hope2024</p>
<p>3</p> <p>Your Morning Wake Up Call 9-9:45</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>Zumba Gold 10-10:45</p> <p>*Firehouse Dance for PD 10:45-11:45</p> <p>**Tai Ji Quan: Part II 1-2</p> <p>*Dance for PD Boise 2:00-3:00</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>Mindfulness with Moldauer 3:30-4:30</p>	<p>4</p> <p>Yoga for Healing w/Jessie Lu 10-11</p> <p>Tremolo Singers 11-Noon</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>Support Groups: Women w/ PD Dr. Marci 3-4 Adult Children of PwP Dr. Marci 6-7:00</p>	<p>5</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>Nia, Moving to Heal 11:30-12:15</p> <p>**Tai Ji Quan: Part I 12-1</p>	<p>6</p> <p>Feldenkrais 10-11</p> <p>*Yoga for Healing B'ham 11-Noon</p> <p>Ageless Grace 1-1:30</p> <p>*RSB Cappy's Gym 2:00-3:30</p>	<p>7</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>STG Dance for PD Online 11-Noon</p> <p>Boxing w/out Borders 10-11</p> <p>Victory Drumming 11-Noon</p> <p>*Singing for Wellness & Joy! 1-2</p>	<p>8</p> <p>*RSB Cappy's Gym 3:15-4:45</p>
<p>10</p> <p>Your Morning Wake Up Call 9-9:45</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>Zumba Gold 10-10:45</p> <p>*Dance for PD Boise 2:00-3:00</p> <p>*RSB Cappy's Gym 2:00-3:30</p>	<p>11</p> <p>Yoga for Healing w/Jessie Lu 10-11</p> <p>Tremolo Singers 11-Noon</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>Support Group: Care Partners Dr. Marci 3-4:30</p>	<p>12</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>Nia, Moving to Heal 11:30-12:15</p> <p>Support Group: Spanish Speakers Nicol Walsh 3:30-5</p>	<p>13</p> <p>Feldenkrais 10-11</p> <p>*STG Dance for PD 10:30-12:30</p> <p>*Yoga for Healing B'ham 11-Noon</p> <p>*Bionic Brain Spokane Noon-1</p> <p>Ageless Grace 1-1:30</p> <p>*RSB Cappy's Gym 2:00-3:30</p>	<p>14</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>Boxing w/out Borders 10-11</p> <p>Victory Drumming 11-Noon</p> <p>STG Dance for PD Online 11-Noon</p> <p>*Singing for Wellness & Joy! 1-2</p>	<p>15</p> <p>*RSB Cappy's Gym 3:15-4:45</p>
<p>17</p> <p>Your Morning Wake Up Call 9-9:45</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>Zumba Gold 10-10:45</p> <p>*Dance for PD Boise 2:00-3:00</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>Mindfulness with Moldauer 3:30-4:30</p>	<p>18</p> <p>Tremolo Singers 11-Noon</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>Support Group: Lay Facilitators Dr. Marci 2-3:00</p>	<p>19</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>Nia, Moving to Heal 11:30-12:15</p> <p>Juneteenth Holiday NWPF office closed</p>	<p>20</p> <p>Feldenkrais 10-11</p> <p>*STG Dance for PD 10:30-12:30</p> <p>*Yoga for Healing B'ham 11-Noon</p> <p>Ageless Grace 1-1:30</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>(2) Support Group: People with Parkinson's -Dr. Marci Noon-1 -Snoqualmie Valley SG Online 4:00</p>	<p>21</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>Boxing w/out Borders 10-11</p> <p>Victory Drumming 11-Noon</p> <p>STG Dance for PD Online 11-Noon</p> <p>*Singing for Wellness & Joy! 1-2</p>	<p>22</p> <p>*RSB Cappy's Gym 3:15-4:45</p>
<p>24</p> <p>Your Morning Wake Up Call 9-9:45</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>Zumba Gold 10-10:45</p> <p>*Dance for PD Boise 2:00-3:00</p> <p>*RSB Cappy's Gym 2:00-3:30</p>	<p>25</p> <p>Tremolo Singers In-Person 11:00-12:30</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>Support Group: Care Partners Dr. Marci 3-4:30</p>	<p>26</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>Nia, Moving to Heal 11:30-12:15</p>	<p>27</p> <p>Feldenkrais 10-11</p> <p>*Yoga for Healing B'ham 11-Noon</p> <p>Ageless Grace 1-1:30</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>HOPE Apothecary with Dr. Jennie Davis sponsored by Medtronic 4:00-5:00</p>	<p>28</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>Boxing w/out Borders 10-11</p> <p>STG Dance for PD Online 11-Noon</p> <p>*Singing for Wellness & Joy! 1-2</p>	<p>29</p> <p>*RSB Cappy's Gym 3:15-4:45</p> <p>*Gonzaga Dance 11-12:15</p>