

For questions, assistance registering, or new program partnership, contact
 Kristine Pedigo
 Director of Programs
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 360-305-8297
www.nwpf.org



**NORTHWEST
 PARKINSON'S
 FOUNDATION**

Programs for PwP

Care Partners and their loved ones

May 2024

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

In the Spotlight:

May is National Speech-Language-Hearing Month

Meet the Experts Series:

- ~ [Parkinson's Fitness Project - Dr. Nate Coomer](#), DPT, NCS
 May 16, 2:00-3:00 pm PT
- ~ [Fundamentals: Working with a SLP - John Dean](#), MA, CCC-SLP,
 May 28, 12:30-1:30 pm PT

NWPf 2024 WALK FOR PARKINSON'S Fundraiser

- ~ **May 25, 10:00 am** UW Husky Outdoor Track, or your community!
 Register at www.nwpf.org/WALK2024 and donate!

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 these cities:

Great Falls, MT ~ Great Falls Event Center

May 4

Anchorage, AK ~ The Lakefront Anchorage Hotel

June 1

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 April 1-Jun
- [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

HYBRID Programs:

- **[Tai Ji Quan: Moving for Better Balance: Part I & Part II](#)
 Mondays/Wednesdays 12-1:00 pm (see calendar for changes)
 Vital Kinesis PT, Bellevue, WA (IN-PERSON and VIRTUAL)

*IN-PERSON Programs:

- *[Firehouse Dance for PD](#): Mondays 10:45-11:45 am
 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](#): Thursdays 10:30-Noon
 Garfield Community Center, Seattle, WA
- *[Gonzaga Dance for PD](#): Saturdays 11:00-12:15 pm
 Gonzaga University, Spokane, WA
- *[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>1</p> <p>*Pedaling for PD B'ham 9:30-10:45 Nia, Moving to Heal 11:30-12:15 **Tai Ji Quan: Part I Noon-1 SilverKite Pastels & Story 1-2</p>	<p>2</p> <p>Feldenkrais 10-11 *STG Dance for PD 10:30-12:30 *Yoga for Healing B'ham 11-Noon Ageless Grace 1-1:30 *RSB Cappy's Gym 2:00-3:30</p>	<p>3</p> <p>*Pedaling for PD B'ham 9:30-10:45 Victory Drumming 11-Noon *Singing for Wellness & Joy! 1-2</p>	<p>4</p> <p>*Gonzaga Dance 11-12:15 *RSB Cappy's Gym 3:15-4:45</p> <p>*HOPE Conference Great Falls, MT 9-4:30 Register at www.nwpf.org/hope2024</p>
<p>6</p> <p>Your Morning Wake Up Call 9-9:45 *Pedaling for PD B'ham 9:30-10:45 Zumba Gold 10-10:45 *Firehouse Dance for PD 10:45-11:45 **Tai Ji Quan: Part II 1-2 *Dance for PD Boise 2:00-3:00 *RSB Cappy's Gym 2:00-3:30</p>	<p>7</p> <p>Tremolo Singers 11-Noon *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>8</p> <p>*Pedaling for PD B'ham 9:30-10:45 Nia, Moving to Heal 11:30-12:15 **Tai Ji Quan: Part I 1:30-2:30 SilverKite Pastels & Story 1-2</p> <p>Support Group: Spanish Speakers Nicol Walsh 3:30-5</p>	<p>9</p> <p>Feldenkrais 10-11 *STG Dance for PD 10:30-12:30 *Yoga for Healing B'ham 11-Noon *Bionic Brain Spokane Noon-1 Ageless Grace 1-1:30 *RSB Cappy's Gym 2:00-3:30</p>	<p>10</p> <p>*Pedaling for PD B'ham 9:30-10:45 Boxing w/out Borders 10-11 Victory Drumming 11-Noon *Singing for Wellness & Joy! 1-2</p>	<p>11</p> <p>*RSB Cappy's Gym 3:15-4:45</p>
<p>13</p> <p>Your Morning Wake Up Call 9-9:45 *Pedaling for PD B'ham 9:30-10:45 Zumba Gold 10-10:45 *Firehouse Dance for PD 10:45-11:45 **Tai Ji Quan: Part II 1-2 *Dance for PD Boise 2:00-3:00 *RSB Cappy's Gym 2:00-3:30</p>	<p>14</p> <p>Yoga for Healing w/Jessie Lu 10-11 Tremolo Singers 11-Noon *RSB Cappy's Gym 2:00-3:30</p> <p>Support Group: Care Partners Dr. Marci 3-4:30</p>	<p>15</p> <p>*Pedaling for PD B'ham 9:30-10:45 Nia, Moving to Heal 11:30-12:15 **Tai Ji Quan: Part I 1:30-2:30 SilverKite Pastels & Story 1-2</p>	<p>16</p> <p>Feldenkrais 10-11 *STG Dance for PD 10:30-12:30 *Yoga for Healing B'ham 11-Noon Ageless Grace 1-1:30 *RSB Cappy's Gym 2:00-3:30 Meet the Expert: 2-3 PPF-Dr. Nate Coomer Support Group: People with Parkinson's Dr. Marci Noon-1 Snoqualmie SG Online 4p</p>	<p>17</p> <p>*Pedaling for PD B'ham 9:30-10:45 Boxing w/out Borders 10-11 Victory Drumming 11-Noon *Singing for Wellness & Joy! 1-2</p>	<p>18</p> <p>*RSB Cappy's Gym 3:15-4:45</p>
<p>20</p> <p>Your Morning Wake Up Call 9-9:45 *Pedaling for PD B'ham 9:30-10:45 Zumba Gold 10-10:45 *Firehouse Dance for PD 10:45-11:45 **Tai Ji Quan: Part II 1-2 *Dance for PD Boise 2:00-3:00 *RSB Cappy's Gym 2:00-3:30</p>	<p>21</p> <p>Yoga for Healing w/Jessie Lu 10-11 Tremolo Singers 11-Noon *RSB Cappy's Gym 2:00-3:30</p> <p>Support Group: Lay Facilitators Dr. Marci 2-3:00</p>	<p>22</p> <p>*Pedaling for PD B'ham 9:30-10:45 Nia, Moving to Heal 11:30-12:15 **Tai Ji Quan: Part I Noon-1 SilverKite Pastels & Story 1-2</p>	<p>23</p> <p>Feldenkrais 10-11 *STG Dance for PD 10:30-12:30 *Yoga for Healing B'ham 11-Noon Ageless Grace 1-1:30 *RSB Cappy's Gym 2:00-3:30</p>	<p>24</p> <p>*Pedaling for PD B'ham 9:30-10:45 Boxing w/out Borders 10-11 *Singing for Wellness & Joy! 1-2</p>	<p>25</p> <p>*RSB Cappy's Gym 3:15-4:45</p> <p>*NWPf WALK FOR PARKINSON'S 2024 UW Husky Track 10 AM Register at: www.nwpf.org/walk2024</p>
<p>27</p> <p>*Firehouse Dance for PD 10:45-11:45 *Dance for PD Boise 2:00-3:00 *RSB Cappy's Gym 2:00-3:30</p> <p>MEMORIAL DAY</p>	<p>28</p> <p>Yoga for Healing w/Jessie Lu 10-11 Tremolo Singers 11-12:30 Meet the Expert: 12:30-1:30 with John Dean *RSB Cappy's Gym 2:00-3:30 Support Group: Care Partners Dr. Marci 3-4:30</p>	<p>29</p> <p>*Pedaling for PD B'ham 9:30-10:45 Nia, Moving to Heal 11:30-12:15 **Tai Ji Quan: Part I Noon-1 SilverKite Pastels & Story 1-2</p>	<p>30</p> <p>Feldenkrais 10-11 *Yoga for Healing B'ham 11-Noon Ageless Grace 1-1:30 *RSB Cappy's Gym 2:00-3:30</p>	<p>31</p> <p>*Pedaling for PD B'ham 9:30-10:45 Boxing w/out Borders 10-11 *Singing for Wellness & Joy! 1-2</p>	 <p>All Programs are 100% Free because of generous donors like you!</p>