



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



**NORTHWEST
PARKINSON'S
FOUNDATION**

Programs for PwP

Care Partners and their loved ones

July 2024

In the Spotlight:

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

NWPF Presents

- Áegis Living Lake Union 4:30 w/ Kristine Pedigo **July 17**
- Áegis Living Ballard 4:30 w/ Kristine Pedigo **July 25**
- Áegis Living Lake Union 3pm w/ Dr. Pinky Agarwal **July 31**
- Áegis Living Ballard 1pm w/ Dr. Ryder Gwinn **Aug 6**

Topgolf Tournament Series Starting on July 13

Hole in One Contest. Details coming soon.

Meet the Expert Series with Dr. Ray Dorsey, MD **Aug 12**
Neurologist and co-author of "A Prescription for Action: Ending Parkinson's Disease". [Register Here](#)

Summer HOPE Conferences on the 2024 Schedule:

Free to Register at www.nwpf.org/HOPE2024 for:

- S. Sound, Tacoma, WA~UW Tacoma 9:15-4:30 Aug 17**
- Simposio para tener un Cerebro Saludable Tacoma, WA~UW Tacoma 9:15-2:00pm Aug 17**
- N. Sound, Lynnwood, WA~Lynnwood Events Center Sept 7**
- Spokane, WA~registration opening soon. Oct 19**

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
- [Zumba Gold for Parkinson's](#): Mondays 10:00-10:45 am
- [Mindfulness with Moldauer](#): First and third Mondays 3:30-4:30 pm
- [SilverKite Limited Art Series](#): Wednesdays 1:00-2:00 pm
- [Boxing without Borders](#): Fridays 10:00-11 am
- [STG Dance for PD Online](#): Fridays, 11:00 am-Noon

Classes to resume in September:

- [Yoga For Healing w/Jessie Lu](#): Tuesdays 10:00-11:00 am
- [Tremolo Singers](#): First 3 Tuesdays 11:00-Noon
- [Nia, Moving to Heal](#): Wednesdays 11:30-12:15 pm
- [Feldenkrais Method](#): Thursdays 10:00-11:00 am
- [Ageless Grace](#): Thursdays 1:00-1:30 pm
- [Victory Drumming](#): First 3 Fridays of the month 11:00-Noon
- **Tai Ji Quan: Moving for Better Balance:
 - [Part One](#) Wednesdays 12-1:00pm
 - [Part Two](#) Mondays 1-2:00 pm
- Vital Kinesis PT, Bellevue, WA (in-person and online)

***IN-PERSON Programs:**

- *[Firehouse Dance for PD](#): Mondays 10:45-11:45 am Firehouse Arts & Event Center, Bellingham, WA (7/29 only)
- *[Dance for PD Boise](#): Mondays 2:00-3:00 pm Esther Simplot Performing Arts Annex, Boise, ID
- *Pedaling for Parkinson's:
 - [Whatcom Family YMCA](#) M/W/F 9:30-10:45 am
 - [Mill Creek Family YMCA](#) M/W 10:30-11:30 am
- *[Rock Steady Boxing](#): M/T/Th 2:00-3:30 pm and Sat 3:15-4:45 pm Cappy's Gym, Seattle, WA
- *[Tremolo Singers](#): Special dates for 7/2 and 8/6, 1:00-2:30 pm TimberRidge at Talus, Issaquah, WA (This is temporary location)
- *[STG Dance for PD](#): Thursdays 10:30-Noon Garfield Community Center, Seattle, WA
- *[Yoga for Healing](#): Thursdays 11:00-Noon Whatcom Family YMCA, Bellingham, WA
- *[Bionic Brain Club](#): Second Thursday of the month, Noon-1:00 pm NWPF Office, Spokane, WA
- *[Singing for Wellness & Joy!](#): Fridays 1:00-2:00 pm NWPF Office, Spokane, WA
- *[Gonzaga Dance for PD](#): Saturdays 11:00-12:15 pm Gonzaga University, Spokane, WA (Summer: 6/1, 6/29, 7/20, 8/17)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Your Morning Wake Up Call 9-9:45</p> <p>*Pedaling for PD Bellingham 9:30-10:45 Mill Creek 10:30-11:30</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>2</p> <p>*Tremolo Singers IN-PERSON TimberRidge 1-2:30</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>No Support Groups this week</p>	<p>3</p> <p>*Pedaling for PD B'ham 9:30-10:45 Mill Creek 10:30-11:30</p>	<p>4</p>  <p>Happy Independence Day</p> <p>No classes. NWPf office closed.</p>	<p>5</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>Boxing w/out Borders 10-11</p> <p>*Singing for Wellness & Joy! 1-2</p>	<p>6</p> <p>*RSB Cappy's Gym 3:15-4:45</p>
<p>8</p> <p>Your Morning Wake Up Call 9-9:45</p> <p>*Pedaling for PD Bellingham 9:30-10:45 Mill Creek 10:30-11:30</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>9</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>Support Group: -Care Partners Dr. Marci 3-4:30</p>	<p>10</p> <p>*Pedaling for PD B'ham 9:30-10:45 Mill Creek 10:30-11:30</p> <p>Support Group: -Spanish Speakers Nicol Walsh 3:30-5</p>	<p>11</p> <p>*Yoga for Healing B'ham 11-Noon</p> <p>*Bionic Brain Spokane Noon-1</p> <p>*RSB Cappy's Gym 2:00-3:30</p>	<p>12</p> <p>*Pedaling for PD B'ham 9:30-10:45</p> <p>Boxing w/out Borders 10-11</p> <p>*Singing for Wellness & Joy! 1-2</p>	<p>13</p> <p>*RSB Cappy's Gym 3:15-4:45</p> <p>TOPGOLF Tournament Series Hole in One Contest! Details at nwpf.org</p>
<p>15</p> <p>Your Morning Wake Up Call 9-9:45</p> <p>*Pedaling for PD Bellingham 9:30-10:45 Mill Creek 10:30-11:30</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>16</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>Support Group: -Lay Facilitators Dr. Marci Online 2-3:00</p>	<p>17</p> <p>*Pedaling for PD B'ham 9:30-10:45 Mill Creek 10:30-11:30</p> <p>Áegis Living Lake Union Speaker Event Kristine Pedigo 4:30</p>	<p>18</p> <p>*STG Dance for PD at Garfield 10:30-12:30</p> <p>*Yoga for Healing B'ham 11-Noon</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>Support Groups: -People w/ Parkinson's Dr. Marci Online 12-1 -Snoqualmie Valley SG Online 4:00-5:00</p>	<p>19</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>20</p> <p>*Gonzaga Dance 11-12:15</p> <p>*RSB Cappy's Gym 3:15-4:45</p>
<p>22</p> <p>Your Morning Wake Up Call 9-9:45</p> <p>*Pedaling for PD Bellingham 9:30-10:45 Mill Creek 10:30-11:30</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>23</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>Support Group: -Care Partners Dr. Marci 3-4:30</p>	<p>24</p> <p>*Pedaling for PD B'ham 9:30-10:45 Mill Creek 10:30-11:30</p> <p>SilverKite Watercolor & Songs (1 of 6) 1:00-2:00</p>	<p>25</p> <p>*STG Dance for PD 10:30-12:30</p> <p>*Yoga for Healing B'ham 11-Noon</p> <p>*RSB Cappy's Gym 2:00-3:30</p> <p>Áegis Living Ballard Speaker Event Kristine Pedigo 4:30</p>	<p>26</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>27</p> <p>*RSB Cappy's Gym 3:15-4:45</p>
<p>29</p> <p>Your Morning Wake Up Call 9-9:45</p> <p>*Pedaling for PD Bellingham 9:30-10:45 Mill Creek 10:30-11:30</p> <p>Zumba Gold 10-10:45</p> <p>*Firehouse Dance for PD 10:45-11:45</p> <p>*Dance for PD Boise 2:00-3:00</p> <p>*RSB Cappy's Gym 2:00-3:30</p>	<p>30</p> <p>*RSB Cappy's Gym 2:00-3:30</p>	<p>31</p> <p>*Pedaling for PD B'ham 9:30-10:45 Mill Creek 10:30-11:30</p> <p>SilverKite Watercolor & Songs (2 of 6) 1:00-2:00</p> <p>Áegis Living Lake Union Speaker Event Dr. Pinky Agarwal 3:00</p>	<p>Program 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>