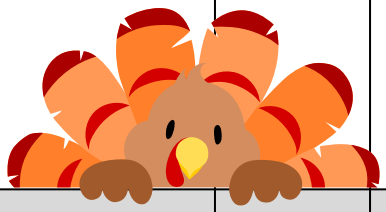
November 2026

INLAND NORTHWEST AREA

All online classes are Pacific Time Zone unless otherwise stated.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Dance for Parkinson's+ (Moscow) 10:30-Noon PD Climbing Wild Walls (Spokane) 1:00-3:00	4 Gonzaga Dance 11-12:15	5	6	7 Gonzaga Dance 11-12:15 Pass to Pass local hike
8 DIWALI **Daylight Savings Ends** 	9 **Dance for Parkinson's PopUp (Tri-Cities) 12:00-1:00pm PT Kadlec Health Plex**	10 Dance for Parkinson's+ (Moscow) 10:30-Noon	 VETERANS DAY Gonzaga Dance 11-12:15	12 **Womens Support Group 1:00-2:00 Spokane NWPF Office**	13	14 Gonzaga Dance 11-12:15
15	16	17 PD Climbing Wild Walls (Spokane) 1:00-3:00	18 Gonzaga Dance 11-12:15	19 **Caregiver Support Group 1:00-2:30 Spokane NWPF Office**	20	21 Gonzaga Dance 11-12:15
22	23	24 **PD Connect Support Group 4:30-6:30 Redeemer Lutheran Church Spokane Valley**	25	26 THANKSGIVING DAY 	27 No Classes Today	28
29	30					

November is National Care Givers Month

NORTHWEST PARKINSON'S FOUNDATION

Program or Support Group questions?
Contact Audrey Parks
Audrey@nwpf.org or 541-639-9444

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

www.NWPF.org ~ Local. Independent. Here for you.