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

November 2026

In the Spotlight:

Pickleball for Parkinson's with TOPs 11:00am **Nov 5**
New program is starting up in November. We want to drum up some interest! This will be held in Kirkland at the Eastside Tennis Club. Information flyer can be found on our online event calendar.

November 3rd is election day! **Nov 3**
Your vote is your voice! Make sure your ballot is completed and submitted on time so your choices count. Every vote matters, and participating in elections helps shape the future of your community and country.

Have the happiest Thanksgiving, shared with friends and family, wellness and patience, from all of us at NWPF.

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. 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:

NWPF Programs Calendar

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!***

www.nwpf.org

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
*Pickleball with TOPs: (Kirkland) Thursdays 11-Noon, one month block.
*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

November 2026

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

All online classes are Pacific Time Zone unless otherwise stated.

NORTHWEST PARKINSON'S FOUNDATION

VIRTUAL Programs:

"Your Morning Wake Up Call":
Mondays 9:00-9:45am
Nov 2, 9, 16, 23, 30

Zumba Gold for Parkinson's:
Mondays 10:00-10:45am
Nov 2, 9, 16, 23, 30

Feldenkrais Method:
Mondays, 2:30-3:15pm
Nov 2, 9, 16, 23, 30

Mindfulness with Moldauer:
1st and 3rd Mondays 3:30-4:30pm
Nov 2 and 16

Yoga For Healing w/Jessie Lu:
Tuesdays 10:00-11:00am
Nov 3, 10, 17, 24

Tremolo Singers:
First 3 Tuesdays 11:00am-Noon
Nov 3, 10, 17

SilverKite Watercolor Weds
Weds 1:00-2:00pm (no class 11/11)
Nov 4, 18 (no class on 11th)

Boxing without Borders:
Fridays 10:00-11:00am
Nov 6, 13, 20

Victory Drumming:
First 3 Fridays 11:00am-Noon
Nov 6, 13, 20

STG Dance for PD Online:
Fridays, 11:00am-Noon
Nov 6, 13, 20

HYBRID Programs:

**Tai Ji Quan:
Moving for Better Balance:

Part One (Wed)	Part Two (Mon)
Noon-1:00pm	Noon-1:00pm
Nov 4, 11, 18, 25	Nov 2, 9, 16, 23, 30

***IN-PERSON Programs:**

*Pedaling for Parkinson's
Whatcom Family YMCA

Mon/	Weds/	Fri/ 9:30-10:45am
Nov 2	Nov 4	Nov 6
Nov 9	Nov 11	Nov 13
Nov 16	Nov 18	Nov 20
Nov 23	Nov 25	no class Nov 27
Nov 30		

***IN-PERSON Programs (continued)**

*Pedaling for Parkinson's
Mill Creek Family YMCA
Mon & Weds/ 10:30-11:30am
Nov 2, 4, 9, 11, 16, 18, 23, 25, 30

*Edgeworks PD Climbing (Tacoma):
Mondays 10-11am
Nov 2, 9, 16, 23, 30

*PD Karate Club: YMCA (Shoreline)

Mon/	Weds/ 10:30-11:30am
Nov 2	Nov 4
Nov 9	Nov 11
Nov 16	Nov 18
Nov 23	Nov 25
Nov 30	

*Dance for PD Idaho (Boise):
Mondays 2-3pm
Nov 2, 9, 16

**SPEAK OUT! Therapy Program®:
M/W 1-4pm, NWPF Spokane
Email for info: dnicholas@ewu.edu

*Dance for Parkinson's+: (Moscow, ID)
Palouse Mall Entrance Sept. 8-Nov. 10
Tuesdays 10:30am-Noon
Nov 3, 10

*Wild Walls PD Climbing (Spokane)
1st and 3rd Tuesdays 1-3:00pm
Nov 3 and 17

*Move2Thrive: (Whitworth Campus)
Weds 1:30pm-2:30 & 4:00pm-5:00
Nov 4 and 11

*Edgeworks PD Climbing (Bellevue)
Thursday/once a month 10:00-11:00am
Nov 19

*STG Dance for PD: Garfield Community Ctr
Thursdays 10:30am-Noon
Nov 5, 12, 19

*Firehouse Arts Dance for PD: (B'ham)
Thursdays 11:00am-Noon
Nov 5, 12, 18

*Yoga for Healing: Whatcom YMCA
Thursdays 11:00am-Noon
Nov 5, 12, 19

*Pickleball with TOPs for PD (Kirkland)
Thursday Noon-1:00pm ***"PD Cruise Flights"***
Register with Madeleine Lapke.
Nov 5, 12, 19 (register for the month)

*Gonzaga Dance for PD: (Spokane)
Weds and Saturdays 11:00-12:15pm
Nov 5, 7, 12, 14, 18, 21

*SportsForEquity: PingPongParkinson (PPP)
Bi-weekly 9:00-10:30am
Nov 7 and 21

*Vertical World PD Climbing (Seattle)
1st Saturday monthly 10:00-11:30am
Nov 7

*Edgeworks PD Climbing: Seattle
2nd and 4th Saturday 2:00-3:30pm
Nov 14 and 28

*Yoga for Parkinson's: Missoula, MT
Sundays 2:30-3:30pm MT
Nov 1, 8, 15, 22, 29

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Special Events: (Register at nwpf.org)
Nov 8 - Daylight Savings Time Ends
Nov 11 - Veterans Day
Nov 26 - Thanksgiving Day

All NWPF Sponsored Classes and Support Groups are FREE.

Support Groups w/ Dr. Marci

		Online
Women with PD	3-4p T	Oct 3
Adult Children of PwPD	6-7p T	Oct 3
Care Partners	3-4:30p T	Oct 10
Newly Diagnosed	3-4p Th	Oct 12
Lay Facilitators	2-3p T	Oct 17
People w/ PD SG	12-1p Th	Oct 19
Snoqualmie Valley	4-5p Th	Oct 19
Care Partners	3-4:30p T	Oct 24

Spokane Group w/Audrey Parks

		In-Person
Care Partners	1-2:30p Th	Oct 19

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

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

Program questions?
Contact us at
programs@nwpf.org

www.NWPF.org Local and Independent nonprofit. Here for you.
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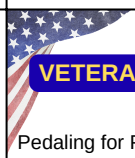
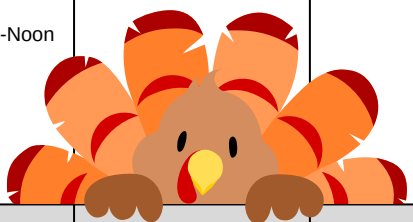
November 2026

NORTHWEST PARKINSON'S FOUNDATION

In-Person Programs

Hybrid = **

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Yoga for You MT 1:30-2:30	2 Pedaling for PD YMCA -B'ham 9:30-10:45 -Mill Creek 10:30-11:45 PD Climbing Edgeworks (Tac) 10-11:30 PD Karate (Shoreline) 10:30-Noon Dance for PD Idaho 2-3	3 Dance for Parkinson+ (Moscow) 10:30-Noon PD Climbing Wild Walls (Spokane) 1:00-3:00	4 Pedaling for PD YMCA -B'ham 9:30-10:45 -Mill Creek 10:30-11:45 PD Karate Club (Shoreline) 10:30-Noon Gonzaga Dance (Spokane) 11-12:15 Move2Thrive (Whitworth) 1:30-2:30 & 4:00-5:00	5 STG Dance @ Garfield (Seattle) 10:30-noon Yoga for Healing -B'ham YMCA 11-12 Dance for Parkinson Firehouse Arts B'Ham 11-Noon Pickleball for PD (Kirkland) Noon-1	6 Pedaling for PD YMCA B'ham 9:30-10:45	7 SportyForEquity PingPongPD 9-10:30 Gonzaga Dance 11-12:15 PD Climbing Vertical World Seattle 10-11:30
8 DIWALI Yoga for You MT 1:30-2:30 **Daylight Savings Ends** 	9 Pedaling for PD YMCA -B'ham 9:30-10:45 -Mill Creek 10:30-11:45 PD Climbing Edgeworks (Tac) 10-11:30 PD Karate (Shoreline) 10:30-Noon Dance for PD Idaho 2-3	10 Dance for Parkinson+ (Moscow) 10:30-Noon	 VETERANS DAY Pedaling for PD YMCA -B'ham 9:30-10:45 -Mill Creek 10:30-11:45 PD Karate Club (Shoreline) 10:30-Noon Gonzaga Dance. (Spokane) 11-12:15 Move2Thrive (Whitworth) 1:30-2:30 & 4:00-5:00	12 STG Dance @ Garfield (Seattle) 10:30-noon Yoga for Healing -B'ham YMCA 11-12 Dance for Parkinson Firehouse Arts B'Ham 11-Noon Pickleball for PD (Kirkland) Noon-1	13 Pedaling for PD YMCA B'ham 9:30-10:45	14 Gonzaga Dance 11-12:15 PD Climbing Edgeworks Ballard 2:00-3:30
15 Yoga for You MT 1:30-2:30	16 Pedaling for PD YMCA -B'ham 9:30-10:45 -Mill Creek 10:30-11:45 PD Climbing Edgeworks (Tac) 10-11:30 PD Karate (Shoreline) 10:30-Noon Dance for PD Idaho 2-3	17 PD Climbing Wild Walls (Spokane) 1:00-3:00	18 Pedaling for PD YMCA -B'ham 9:30-10:45 -Mill Creek 10:30-11:45 PD Karate Club (Shoreline) 10:30-Noon Gonzaga Dance (Spokane) 11-12:15	19 STG Dance @ Garfield (Seattle) 10:30-noon PD Climbing (Bellevue) Edgeworks 10-11 Yoga for Healing -B'ham YMCA 11-12 Dance for Parkinson Firehouse Arts B'Ham 11-Noon Pickleball for PD (Kirkland) Noon-1	20 Pedaling for PD YMCA B'ham 9:30-10:45	21 SportyForEquity PingPongPD 9-10:30 Gonzaga Dance 11-12:15
22 Yoga for You MT 1:30-2:30	23 Pedaling for PD YMCA -B'ham 9:30-10:45 -Mill Creek 10:30-11:45 PD Climbing Edgeworks (Tac) 10-11:30 PD Karate (Shoreline) 10:30-Noon	24	25 Pedaling for PD YMCA -B'ham 9:30-10:45 -Mill Creek 10:30-11:45 PD Karate Club (Shoreline) 10:30-Noon	26 THANKSGIVING DAY 	27 No Classes Today	28 PD Climbing Edgeworks Ballard 2-3:30
29 Yoga for You MT 1:30-2:30	30 Pedaling for PD YMCA -B'ham 9:30-10:45 -Mill Creek 10:30-11:45 PD Climbing Edgeworks (Tac) 10-11:30 PD Karate (Shoreline) 10:30-Noon		 November is National Care Givers Month			

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!

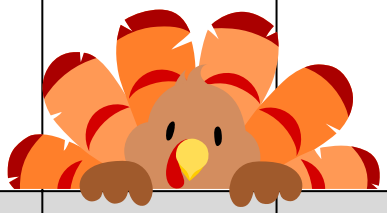
November 2026

FOR ONLINE CLASSES

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 Your Morning WakeUp Call 9-9:45 Zumba Gold 10-10:45 Tai Ji Quan (Part II)** Hybrid Class Noon-1pm Feldenkrais 2:30-3:15	3 Yoga for Healing w/Jessie 10-11 Tremolo Singers Online 11:00-Noon **Support Group:** **-Women w/ PD Dr. Marci 3-4pm** **-Adult Children of PwP Dr. Marci 6-7pm**	4 Tai Ji Quan (Part I) Hybrid Class Noon-1pm Watercolor Weds with SilverKite 1-2pm	5	6 Boxing without Borders 10-11 Victory Drumming 11-Noon STG Dance Online 11-Noon	7
8 DIWALI **Daylight Savings Ends** 	9 Your Morning WakeUp Call 9-9:45 Zumba Gold 10-10:45 Tai Ji Quan (Part II)** Hybrid Class Noon-1pm Feldenkrais 2:30-3:15	10 Yoga for Healing w/Jessie 10-11 Tremolo Singers Online 11:00-Noon **Support Group:** **-Care Partners Dr. Marci 3-4:30pm**	VETERANS DAY Tai Ji Quan (Part I) Hybrid Class Noon-1pm	12 **Support Group:** **-Newly Diagnosed PD Dr. Marci 3-4pm**	13 Boxing without Borders 10-11 Victory Drumming 11-Noon STG Dance Online 11-Noon	14
15	16 Your Morning WakeUp Call 9-9:45 Zumba Gold 10-10:45 Tai Ji Quan (Part II)** Hybrid Class Noon-1pm Feldenkrais 2:30-3:15	17 Yoga for Healing w/Jessie 10-11 Tremolo Singers Online 11:00-Noon **Support Group:** **-Lay Facilitators Training Dr. Marci Online 2-3**	18 Tai Ji Quan (Part I) Hybrid Class Noon-1pm Watercolor Weds with SilverKite 1-2pm	19 **Support Groups:** **-People w/ Parkinson's Dr. Marci Online 12-1** **-Snoqualmie Valley SG Online 4-5**	20 Boxing without Borders 10-11 Victory Drumming 11-Noon STG Dance Online 11-Noon	21
22	23 Your Morning WakeUp Call 9-9:45 Zumba Gold 10-10:45 Tai Ji Quan (Part II) Hybrid Class Noon-1pm Feldenkrais 2:30-3:15	24 Yoga for Healing w/Jessie 10-11 **Support Group:** **-Care Partners Dr. Marci 3-4:30**	25 Tai Ji Quan (Part I) Hybrid Class Noon-1pm	26 THANKSGIVING DAY 	27 No Classes Today	28
29	30 Your Morning WakeUp Call 9-9:45 Zumba Gold 10-10:45 Tai Ji Quan (Part II)** Hybrid Class Noon-1pm Feldenkrais 2:30-3:15	**November is National Care Givers Month**				

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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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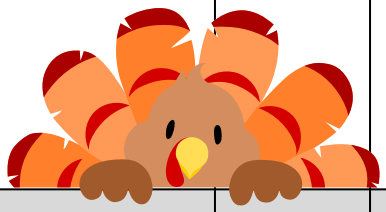
NORTHWEST PARKINSON'S FOUNDATION

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

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