

For more detailed & up-to-date information, visit www.parkinson.ca. Click on "Programs Near You" (upper right).

Caregivers - Winnipeg (two: 1 afternoon & 1 evening)

Date: Third Thursday of every month, year-round

Time: 1:30 PM - 3:30 PM

Location: St. George's Anglican Church
168 Wilton Street, Winnipeg

Date: Second Tuesdays of months Sep-Nov, Feb-Jun

Time: 6:30 PM - 8:30 PM

Location: Parkinson Canada office
7-414 Westmount Drive, Winnipeg



Movers & Shakers



Date: Last Tuesday of the month: September, October & November, March, April, May

Time: 6:30 PM - 8:00 PM

Location: Mclvor Avenue Mennonite Brethren Church, 200 Mclvor Avenue, Winnipeg

Topics: Sep. 25: Gillian Barnes, Speech Language Pathologist, Movement Disorder Clinic ;

Oct. 30: Monica W: Manitoba Institute for Patient Safety: Advocacy Part I - Privacy Legislation and How It Affects You;

Nov. 27: Kelly Williams, Clinical Resource Nurse Movement Disorder Clinic, Deer Lodge Centre: Advocacy Part II - Hospital Advocacy

*****NEW format: presentation followed by opportunity to share in group discussions*****

Please visit www.parkinson.ca/support-groups/winnipeg-support-group-movers-and-shakers for updates.

River Ridge

Date: Every Thursday, year-round

Time: 1:00 PM - 2:00 PM

Location: River Ridge Retirement Residence building I, 50 Ridgecrest Avenue, Winnipeg

Parking/Sign-in: Park between Building I & Building II. You may drop off those with mobility challenges at door then park. Admission is by buzzer on wall between the front glass doors. For security, sign-in is required upon entry & exit.

Topics: Weekly group activities range from Wellness Drumming to planned presentations to a fun exercise class led by RRRR's Health & Wellness Director.

Speakers: Oct. 4: TBA; **Nov 1:** Donna Greening, Parkinson Canada: Building Your Parkinson's Team; **Dec 27:** Year-end Party.

Call 1-800-565-3000 Ext. 3440 or visit www.parkinson.ca/support-groups/winnipeg-river-ridge for updates.



St. James

Date: Second Wednesday of the month: September - June

Time: 1:30 PM - 3:00 PM

Location: St. James Assiniboia 55+ Centre, 3rd floor - 203 Duffield Street, Winnipeg

Topics: Sep. 12: Parkinson Canada: Late-Stage Parkinson's (podcast); **Oct. 10:** Ramona Bonwick, ADAM: Anxiety & ADAM;

Nov 14: TBA; **Dec 12:** TBA.

Please visit www.parkinson.ca/support-groups/winnipeg-support-group-st-james for updates.



Young Onset *(for people diagnosed with Young Onset Parkinson's disease, early 50's & younger)*

ASL interpretation is available at these meetings. Email donna.greening@parkinson.ca for more information.

Date: First Wednesday of the month: October, November, February, March, April, May, June

Time: 6:30 PM - 8:00 PM

Location: Reh-Fit Centre, 1390 Taylor Avenue, Winnipeg

Topics: Oct. 3: TBA **Nov. 7:** TBA; **Dec 5:** TBA.

Please visit www.parkinson.ca/winnipeg-support-group-young-onset for updates.



SHAKE It Up Creative Arts Groups

Please note: Parkinson Canada office is a scent-free space



River Ridge Location

Date: First Thursday of the month

Time: 10:00 AM - 10:45 AM or later

Location: River Ridge Retirement Residence I
50 Ridgecrest Ave, Winnipeg

Parkinson Canada Office

Date: Second Thursday of the month

Time: 9:30 AM - 11:00 AM

Location: Parkinson Canada's Winnipeg office - 7-414 Westmount Dr

Parkinson Canada Office

Date: Second Saturday of the month

Time: 9:30 AM - 11:00 AM

Location: Parkinson Canada's Winnipeg office - 7-414 Westmount Dr

Parkinson Canada Movers & Shakers Exercise Groups



North Kildonan

Date: Drop in Mondays
September 10/18 to December 10/18
Resuming January 7/19 to June 10/19
Time: 1:30 PM - 3:00 PM
Location: Mclvor Avenue Mennonite Church
200 Mclvor Avenue (near Henderson)

St. Vital / St. Boniface

Date: Drop in Thursdays
September 13/18 to December 6/18
Resuming January 3/19 to June 6/19
Time: 1:30 PM - 3:00 PM
Location: Central Church of Christ
170 St. Mary's Road (St. Mary's @ Taché)

Transcona

Date: Drop in Wednesdays
October (**NEW!**)/18 to December 12/18
Resuming January 9/19 to June 12/19
Time: 1:30 - 3:00 PM
Location: Transcona Alliance Church
751 Kildare Avenue E (Kildare @ Redonda)

There's also a Parkinson's exercise group that meets every Sunday at 10 AM at River Ridge Retirement Residence - 50 Ridgecrest, Wpg

...Manitoba Groups (continued)

Caregivers - Brandon



Dates: 1st Thursday of every month. Call 1-800-565-3000 Ext 3442 for more information
Time: 1:30 PM - 3:30 PM
Location: First Baptist Church, 3881 Park Avenue, Brandon

For groups listed below, we welcome all those diagnosed with Parkinson's and family members to join us for information and conversation.

Brandon & Area

Dates: 2nd Thursday of most months
Time: 1:30 PM - 3:00 PM

Call 1-800-565-3000 Ext 3442 for more information

Location: First Baptist Church, 3881 Park Avenue, Brandon

Topics: **Sep. 13:** TBA; **Oct. 11:** Cyndi Solon, CGA,BDO Canada LLP: Manitoba Caregiver Tax Credit and Disability Tax Credit; **Nov. 8:** Erin McDougall, RHA Education Specialist: Using RHA's "Patient Passport" to track your health info & share it with your medical team.



Dauphin & Area



Date: Wednesday, October 17

Call 1-800-565-3000 Ext 3442 for more information

Time: 1:30 PM - 3:00 PM

Location: Seniors Resource Center, 55 1st Street SE, Dauphin

The first meeting of the new Dauphin Parkinson's support group will be a presentation on maximizing your care and the resources available for you. Plans will be made for future meetings.

Gimli/Interlake

Date: Third Wednesday of the month in Sept., Oct., Nov., Jan., Feb., Mar., Apr. & May

Time: 2:00 PM - 3:00 PM

Location: Gimli Betel Home Boardroom, 96 1st Avenue, Gimli

Topics: **Sep. 19:** Brainstorm and prioritize the concept of partnering with other organizations that share goals. e.g., training volunteers for Parkinson's and MS; **Oct. 17:** Telehealth - SLP the prevention of choking; **Nov. 21:** Coffee shop setting. Brainstorm and prioritize activities that deal with educating and advocating for the benefit of those who have PD.



Roblin & Area



Date: Tuesday, October 16

Call 1-800-565-3000 Ext 3442 for more information

Time: 7:00 PM

Location: Boardroom of the Health Center, 15 Hospital Street, Roblin

The first meeting of the new Dauphin Parkinson's support group will be a presentation on maximizing your care and the resources available for you. Plans will be made for future meetings.

Did you know...Parkinson Canada - Manitoba is on Facebook!

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