

## Central Oregon Classes and Activities Beneficial for People with Parkinson's

### **Parkinson's Resources of Oregon (PRO):**

354 NE Greenwood Ave #108, Bend, OR 97701

[carol@parkinsonsresources.org](mailto:carol@parkinsonsresources.org)

541-668-6599

- Parkinson's Support Groups: (friends and family welcome too)
- Bend: 3<sup>rd</sup> Wednesdays at Partners In Care (2075 NE Wyatt Ct., Bend) from 2:00pm – 3:30pm. Contact David at [davidmays32@gmail.com](mailto:davidmays32@gmail.com) or 541-647-2593.
- Redmond: 1<sup>st</sup> Wednesdays at Presbyterian Church; Teddy's Room (529 NE 19<sup>th</sup> St, Redmond) from 1:00pm – 2:30pm. Contact Ginny at 541-419-7490 or Susan at 541-350-0899
- Sisters: 2<sup>nd</sup> Tuesdays at Sisters Comm Church (1300 McKenzie Hwy, Sisters) from 1:00pm – 2:30pm. Contact Lenetta Colbert at [lenetta.colbert@gmail.com](mailto:lenetta.colbert@gmail.com) or 907-687-8101.
- Caregivers:
- Bend: (2<sup>nd</sup> Wednesdays) at Partners In Care and (4<sup>th</sup> Wednesdays) from 1:30 – 3:00pm is an Informal caregiver friend group. Contact Kay Terzian at 541-388-1706.
- Redmond: (4<sup>th</sup> Wednesdays) 1:00 – 2:30 PM, Presbyterian Church Eby Room, Contact: Susan 503-319-4681
- 2019 Classes: Go to: <https://www.pro.eventbrite.com> to sign up for classes and other activities.

**Center for Well-Being:** First Presbyterian Church, 230 NE 9th St, Bend **Certified Instructor:** Julie Carda

**PD Dance** Fridays: 10:30am – 11:45am (Class resumes in January)

**Tai Chi for PD** For December, classes on Tuesday from 11:30am – 12:30pm thru 12/18.

**Tai Chi/Better Balance** Tuesdays and Thursdays: 1:00pm – 2:00pm (No Classes on 12/24 – 12/28)

- Pro-rated fee and scholarships available. Contact Sherry at 541-382-4401 or [ssmith@bendfp.org](mailto:ssmith@bendfp.org)

**Sing Along with Us group** For more info, contact Lynn Beck at 541-382-2861 or [dslbeck842@gmail.com](mailto:dslbeck842@gmail.com)

**Table Tennis** (No sessions on 12/3, 12/12, and 12/24) 2<sup>nd</sup> and 4<sup>th</sup> Mondays/All Wednesdays: 6:30 – 8:00 pm Bend Boys and Girls Club, 500 NW Wall St, Bend, OR 97701 Contact Margie @ 541-389-4082 or [jmlussier@bendcable.com](mailto:jmlussier@bendcable.com) \$3/ \$4 per player

**Pickleball** We are hopeful for an indoor facility to provide a court for us to play during the winter season. Stay tuned for more information. Contact David @ 541-647-2593 or [davidmays32@gmail.com](mailto:davidmays32@gmail.com).

**Parkinson's Basics Exercise** [www.athleticclubofbend.com](http://www.athleticclubofbend.com) 541-385-3062

Athletic Club of Bend on Mondays from 1:30-2:30. Class is free for ACB members. For non-members, first class is free then \$10 per session or \$30 per calendar month. Class is designed for people living with mild/moderate PD and incorporates balance, walking and movement patterns. Contact Kelly at [kebpt@yahoo.com](mailto:kebpt@yahoo.com) or call 541-385-3062. (No class on December 3<sup>rd</sup>)

**Destination Rehab** [www.destinationrehab.org/classes/](http://www.destinationrehab.org/classes/) 541-241-6837

Several exercise classes in Bend and Redmond. See website to register.

**Rock Steady Boxing** [www.rocksteadyboxing.org](http://www.rocksteadyboxing.org) 541-706-0424

Non-contact style fitness program. "Tough love" approach, inspiring maximum effort, speed, strength, balance and flexibility. Classes are located at High Desert Martial Arts, 2525 NE Studio Rd, Bend on Tuesdays and Thursdays at 9:30am. \$85 per month. Call Steve at 541-706-0424 for more information.

**PWR!Moves Exercise Class** [www.energizewithmorri.com](http://www.energizewithmorri.com) 541-771-9226

Class with Morri Stewart will begin (10-week session) on Wednesday, January 9, 2019, from 12:45pm – 1:45pm at Accelerated Fitness, 1245 SE 3<sup>rd</sup> St., Bend. Class will cover strength training, balance work and cognition challenges faced by individuals combating Parkinson's and other neurological disorders. A \$50 payment needs to be made, prior to Jan. 3, to hold a spot. Final payment will be due first day of class (1/09/19). There are only 12 spots available. Contact Morri Stewart at [morri.stewart@gmail.com](mailto:morri.stewart@gmail.com) or 541-771-9226 for more information.

# Parkinson's Disease Calendar for December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 9:30am Rock Steady Boxing 11:30am Tai Chi PD 1:00pm Tai Chi BB	5 1pm Redmond S.G. 6:30pm Table Tennis	6 9:30am Rock Steady Boxing 1:00pm Tai Chi BB	7	8
9	10 1:30pm PD Exercise @ A.C.Bend 6:30pm PD Table Tennis	11 9:30am Rock Steady Boxing 11:30am Tai Chi PD 1:00pm Sisters S.G. 1:00pm Tai Chi BB	12 1:30pm Caregiver Bend	13 9:30am Rock Steady Boxing 1:00pm Tai Chi BB	14	15
16	17 1:30pm PD Exercise @ A.C.Bend	18 9:30am Rock Steady Boxing 11:30am Tai Chi PD 1:00pm Tai Chi BB	19 2pm Bend S.G. 6:30pm Table Tennis	20 9:30am Rock Steady Boxing 1:00pm Tai Chi BB	21	22
23	24 <b>CHRISTMAS EVE</b> 1:30pm PD Exercise @ A.C.Bend	25 <b>CHRISTMAS</b>	26 1:00pm Caregiver Redmond 1:30pm Caregiver Bend 6:30pm Table Tennis	27 9:30am Rock Steady Boxing 1:00pm Tai Chi BB	28	29
30	31 <b>NEW YEAR'S EVE</b> 1:30pm PD Exercise @ A.C.Bend					