

# 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 (Office will be closed from 2/15/19 – 3/1/19)

[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 – 2:30pm, Presbyterian Church Eby Room, Contact: Susan 503-319-4681.
- Webinar: Senior Housing Options; February 6<sup>th</sup>, 12pm – 1pm. Register at [www.pro.eventbrite.com](http://www.pro.eventbrite.com)
- Annual PD Conference: April 6<sup>th</sup>, 12pm – 4:30pm; Eugene, OR. Register at [www.pro.eventbrite.com](http://www.pro.eventbrite.com)
- Celebrate Hope Gala: April 26, 2019. More information coming soon.
- Bend Communication Skills: Class is from April 30 – June 18<sup>th</sup>. (No class on May 28<sup>th</sup>.) More information coming soon.
- C.O. Educational Program: May 18<sup>th</sup>, Bend, OR 11:30am – 1pm. **Heather Zwickey, PhD**, Professor of Immunology. The current state of research for nutrition and PD. Register at: [www.pro.eventbrite.com](http://www.pro.eventbrite.com)
- Sole Support for Parkinson's: September 8, 2019. Register at [www.parkinsonsresources.donordrive.com/](http://www.parkinsonsresources.donordrive.com/)

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

**PD Dance** Classes on Fridays: 10:30am – 11:45am

**Tai Chi for PD** Classes on Tuesday and Thursday from 11:30am – 12:30pm

**Tai Chi/Better Balance** Classes on Tuesdays and Thursdays: 1:00pm – 2:00pm

Pro-rated fee and scholarships available. For more information on each class or to join, please call the main office at **541-382-4401** or email Ruth Ann Clarke, Office Coordinator, at [rclarke@bendfp.org](mailto:rclarke@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** 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/session or \$30/calendar month. Class incorporates balance, walking, movement patterns. Contact Kelly at [kebpt@yahoo.com](mailto:kebpt@yahoo.com) or call 541-385-3062.

**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.
- **Adventure Group** program will run from March to October 2019 with group outings and monthly education and support meetings. For more information go to: <http://www.destinationrehab.org/adventure-rehab/> or contact Carol-Ann Nelson at 541-241-6837 or [carolann@destinationrehab.org](mailto:carolann@destinationrehab.org)

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

Non-contact style fitness program. 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 began (10-week session) on Wednesday, January 9, 2019, from 12:45pm – 1:45pm at Accelerated Fitness. Class covers challenges faced by individuals combating Parkinson's and other neurological disorders. 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 January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>NEW YEAR'S DAY</b>	2 1pm Redmond S.G. 6:30pm Table Tennis	3 9:30am Rock Steady Boxing	4	5
6	7 1:30pm PD Exercise @ A.C.Bend	8 9:30am Rock Steady Boxing 11:30am Tai Chi PD 1:00pm Tai Chi BB 1:00pm Sisters S.G.	9 12:45pm PWR Up! 1:30pm Caregiver Bend 6:30pm Table Tennis	10 9:30am Rock Steady Boxing 11:30am Tai Chi PD 1:00pm Tai Chi BB	11 10:30am Dance PD	12
13	14 1:30pm PD Exercise @ A.C.Bend 6:30pm PD Table Tennis	15 9:30am Rock Steady Boxing 11:30am Tai Chi PD 1:00pm Tai Chi BB	16 12:45pm PWR Up! 2:00pm Bend S.G. 6:30pm Table Tennis	17 9:30am Rock Steady Boxing 11:30am Tai Chi PD 1:00pm Tai Chi BB	18 10:30am Dance PD	19
20	21 1:30pm PD Exercise @ A.C.Bend	22 9:30am Rock Steady Boxing 11:30am Tai Chi PD 1:00pm Tai Chi BB	23 12:45pm PWR Up! 1:00pm Caregiver Redmond 1:30pm Caregiver Bend 6:30pm Table Tennis	24 9:30am Rock Steady Boxing 11:30am Tai Chi PD 1:00pm Tai Chi BB	25 10:30am Dance PD	26
27	28 <b>MLK Jr. DAY</b> 1:30pm PD Exercise @ A.C.Bend 6:30pm PD Table Tennis	29 9:30am Rock Steady Boxing 11:30am Tai Chi PD 1:00pm Tai Chi BB	30 12:45pm PWR Up! 6:30pm Table Tennis	31 9:30am Rock Steady Boxing 11:30am Tai Chi PD 1:00pm Tai Chi BB		