

# 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 Carol Pfeil at [carol@parkinsonsresources.org](mailto:carol@parkinsonsresources.org) or 541-668-6599.
- **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.
- **Annual PD Conference:** April 6<sup>th</sup>, 12pm – 4:30pm; Eugene, OR. Register at [www.pro.eventbrite.com](http://www.pro.eventbrite.com)
- **Webinar:** April 24<sup>th</sup>, 12pm – 1pm; Presented by Scott Stevens, M.D., Ophthalmologist in Bend. He will be discussing issues with the eyes as related to the disease process of Parkinson's disease. Register at [www.pro.eventbrite.com](http://www.pro.eventbrite.com)
- **Celebrate Hope Gala:** April 26, 2019. 5:30pm, Portland. For more information: [PRO Celebrate Hope Gala](#)
- **Bend Communication Skills:** Class is from April 30 – June 18<sup>th</sup>. (No class on May 28<sup>th</sup>) 1212 SW Simpson Ave. Bend Fire Station #301. Register at [www.pro.eventbrite.com](http://www.pro.eventbrite.com)
- **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 Tuesday and Thursday: 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)

**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 George @ 206-799-2333 or [grlcbl@bendbroadband.com](mailto:grlcbl@bendbroadband.com) \$3/ \$4 per player

**Pickleball** 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

- **NEW!** Redmond Exercise Class for PD. Go to: [www.destinationrehab.org/parkinsons-exercise/](http://www.destinationrehab.org/parkinsons-exercise/)
- **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 covers challenges faced by individuals combating Parkinson's and other neurological disorders. Current 10-week session ends on Wednesday, 3/20/19, from 12:45pm – 1:45pm at Accelerated Fitness. Next session begins on 3/27/19. To reserve a spot, \$50 deposit is required and will be applied to the final fee based on how many sign up. Send deposit to either Accelerated Fitness, mail to PO Box 2282 Bend OR 97709, or contact Morri Stewart at [morri.stewart@gmail.com](mailto:morri.stewart@gmail.com) or 541-771-9226.

# Parkinson's Disease Calendar for March 2019

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