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 PwP

Care Partners and their loved ones

April 2026

In the Spotlight:

Stay **ACTIVE**, **FIT**, and **ENGAGED** with our **FREE** monthly programs

Upcoming Events

April is Parkinson's Awareness Month!

- **World Parkinson's Awareness Day is April 11.**

"Let's Get Out and Move!" by trying out a new-to-you program: Boxing, Climbing, Walking, Biking, Dancing, Golfing, Hiking, etc.
Check out our website homepage for all of our local fundraisers in April.

HOPE Apothecary 12:00pm-1:00pm PT **April 8**
Topic: Journey Ambassador Navigating Parkinson's Disease-Related Hallucinations & Delusions. Sponsored by Acadia.

HOPE Conference® Wenatchee 9:30am-2:30pm PT **April 18**
HOPE Conference® Bozeman 9:30am-3:30pm MT **April 25**
NWPF and local experts come together and bring new updates and information about Parkinson's from all different angles.
Go to www.nwpf.org/allevents to register for HOPE Conferences®.

Meet the Expert with Dr. Nate Coomer 11:00am-12:00pm PT **April 21**
Topic: Gait & Parkinson's. This is part of our online Educational Series.

We offer classes 7 days a week! ***All of our programs are FREE!***

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.

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, 2:30-3:30p
Mindfulness with Moldauer: 1st and 3rd Mondays 3:30-4:30p
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 (TBD)
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

HYBRID Programs: (in-person and online)
**Tai Ji Quan: Moving for Better Balance: Vital Kinesis PT
Part One Mondays 12-1:00p Bellevue, WA
Part Two Wednesdays 12-1:00P Bellevue, WA
**SPEAK OUT! Therapy Program®: M/W 1-4p, NWPF Spokane
These sessions are set up in advance. Contact Doreen at doreen.nicholas@ewu.edu

***IN-PERSON Programs:**
*Pedaling for Parkinson's
Whatcom Family YMCA M/W/F 9:30-10:45a
Mill Creek Family YMCA M/W 10:30-11:30a

***IN-PERSON Programs (continued):**
*Edgeworks PD Climbing: (Tacoma): Mondays 10-11a
*PD Karate Club: M/W 10:30-Noon (YMCA Shoreline)
*Dance for PD Idaho (Boise): Mondays 2-3p
*Dance for Parkinson's+: (Moscow, ID) Tuesdays 10:30-Noon Palouse Mall Entrance
*WildWalls PD Climbing: (Spokane) 1st and 3rd Tuesdays 1-3:30p
*Move2Thrive: (Whitworth Campus) Weds 1:30-2:30 & 3:30-4:30
*Dance for PD® Lynden: (Lynden, WA) Every Thursday 9:00-10:00am
*Firehouse Arts Dance for PD: (Bellingham) Thursdays 11:00-Noon
*Edgeworks PD Climbing: (Bellevue): One Thursday/month 10-11a
*STG Dance for PD: Thurs 10:15-12p Garfield CC/ Mon 11-12:30p PNB (Bellevue)/ Weds 11-12:30p Kerry Hall (Seattle) / Tues 2-3p GenCare (Renton)/ Vashon Island (tbd)
*Yoga for Healing: Thursdays 11:00-Noon Whatcom Family YMCA, Bellingham, WA
*Bionic Brain Club: Second Thursday of the month, Noon-1:00p NWPF Spokane Office. By appointment only.
*Gonzaga Dance for PD: Weds and Saturdays 11:00-12:15p Gonzaga University, Spokane, WA
*Edgeworks PD Climbing: (Seattle): 2nd and 4th Saturday 2:00-3:30p
*Yoga for Parkinson's: (Missoula, MT) 2:30-3:30p MST **NEW**

April 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 9:00-9:45a
Apr 6, 13, 20, 27

Zumba Gold for Parkinson's:
Mondays 10:00-10:45a
Apr 6, 13, 20, 27

Feldenkrais Method:
Mondays, 2:30-3:30p
Apr 6, 13, 20, 27

Mindfulness with Moldauer:
1st and 3rd Mondays 3:30-4:30p
Apr 6 (canceled), Apr 20

Yoga For Healing w/Jessie Lu:
Tuesdays 10:00-11:00a
Apr 7, 14, 21, 28

Tremolo Singers:
First 3 Tuesdays 11:00-Noon
Apr 7, 14, 21

Boxing without Borders:
Fridays 10:00-11a
Apr 3, 10, 17, 24

Victory Drumming:
First 3 Fridays of the month
11:00-Noon
Apr 3, 10, 17

STG Dance for PD Online:
Fridays, 11:00-Noon
Apr 17, 24

HYBRID Programs:

**Tai Ji Quan: Moving for Better Balance:

Part One	Part Two
Weds 12-1p	Mondays 12-1p
Apr 1	Apr 6
Apr 8	Apr 13
Apr 15	Apr 20
Apr 22	Apr 27
Apr 29	

***IN-PERSON Programs:**

*Pedaling for Parkinson's Whatcom Family YMCA

Mon/	Weds/	Fri/ 9:30-10:45a
Apr 6	Apr 1	Apr 3
Apr 13	Apr 8	Apr 10
Apr 20	Apr 15	Apr 17
Apr 27	Apr 22	Apr 24
	Apr 29	

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

*Pedaling for Parkinson's Mill Creek Family YMCA
Mon & Weds/ 10:30-11:30a
Apr 1, 6, 8, 13, 15, 20, 22, 27, 29

*Edgeworks PD Climbing (Tacoma):
Mondays 10-11a
Apr 6, 13, 20, 27

*PD Karate Club: YMCA Shoreline

Mon/	Weds/	10:30-Noon
Apr 6	Apr 1	
Apr 13	Apr 8	
Apr 20	Apr 15	
Apr 27	Apr 22	
	Apr 29	

*Dance for PD Idaho (Boise):
Mondays 2-3p
Apr 6, 13, 20, 27

**SPEAK OUT! Therapy Program®:
M/W 1-4p, NWPF Spokane
Email for appointment: info@nwpf.org

*Dance for Parkinson's+: (Moscow, ID)
Palouse Mall Entrance
Tuesdays 10:30-Noon
Apr 7, 14, 21, 28

**Wild Walls PD Climbing (Spokane)
1st and 3rd Tuesdays 1-3:30p
Apr 7 and 21

*Move2Thrive: (Whitworth Campus)
Weds 1:30-2:30p & 3:30-4:30p
Apr 1 (end of this session)

*Dance for PD® Lynden (Lynden, WA)
Thursdays 9:00-10:00a
Apr 2, 9, 16, 23, 30

*Firehouse Arts Dance for PD: (Bellingham)
Thursdays 11:00-Noon
Apr 2, 9, 16, 23, 30

*Edgeworks PD Climbing (Bellevue)
Thursday/ once a month 10:00-11:00a
Apr 23

*STG Dance for PD:
Mon 11-12:30p PNB/ Apr 6, 13, 20, 27
Tues 2-3p GenCare/ Apr 7, 14, 21, 28
Weds 11-12:30p Kerry Hall/ Apr 8, 15, 22, 29
Thurs 10:15-12p Garfield CC/ Apr 9, 16, 23, 30

***Yoga for Healing*: Whatcom YMCA
Thursdays 11:00-Noon
Apr 2, 9, 16, 23, 30

*Gonzaga Dance for PD: Spokane

Weds/	Saturdays 11:00-12:15p
Apr 1	Apr 4
Apr 8	Apr 11
Apr 15	Apr 18
Apr 22	Apr 25
Apr 29	

*Edgeworks PD Climbing: Seattle
2nd and 4th Saturday 2:00-3:30p
Apr 11 Apr 25

*Yoga for Parkinson's: Missoula, MT **NEW**
Sundays 2:30-3:30p MT
Apr 5, 12, 19, 26,

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Special Events: (Register at nwpf.org)
Apr 3 - NWPF Spokane Open House
Apr 18 - HOPE Conference® Wenatchee
Apr 21 - Meet the Expert Series: Dr. Coomer
Apr 25 - HOPE Conference® Bozeman

All NWPF Sponsored Classes and Support Groups are FREE.

Support Groups Online With Dr. Marci

Women with PD 3-4p	T	Apr 7
Children of PwPD 6-7p	T	Apr 7
Newly Diagnosed 3-4p	Th	Apr 9
Care Partners 3-4:30p	T	Apr 14
People w/ PD SG 12-1p	Th	Apr 16
Snoqualmie Valley 4-5p	Th	Apr 16
Lay Facilitators 2-3p	T	Apr 21
Care Partners 3-4:30p	T	Apr 28

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. Independent. Here for you.
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April 2026

In-Person Programs

Hybrid = **

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 **PASSOVER** Pedaling for PD YMCA -B'ham 9:30-10:45 -Mill Creek 10:30-11:45 PD Karate (Shoreline) 10:30-Noon Gonzaga Dance 11-12:30 **Tai Ji Quan: Part I 12-1 Move2Thrive 1:30-2:30 & 3:30-4:30	2 Dance for Parkinson's -Lynden 9-10 -Firehouse Art 11-12 Yoga for Healing -B'ham YMCA 11-12	3 **GOOD FRIDAY** Pedaling for PD YMCA B'ham 9:30-10:45 **OPEN HOUSE SPOKANE 3:00-6:00**	4 Gonzaga Dance 11-12:15
5 **EASTER** Yoga for You MT 1:30-2:30 	6 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 STG Dance for PD (PNB) 11-12:30 **Tai Ji Quan: Part II 12-1 **SPEAK OUT! Therapy Program 12-4:30 Dance for PD Idaho 2-3	7 Dance for Parkinson's+ (Moscow) 10:30-Noon PD Climbing Wild Walls (Spokane) 1:00-3:00 STG Dance for PD (GenCare) 2:00-3:00	8 Pedaling for PD YMCA -B'ham 9:30-10:45 -Mill Creek 10:30-11:45 PD Karate (Shoreline) 10:30-Noon STG Dance for PD 11-12:30 (Kerry Hall) Gonzaga Dance 11-12:30 **Tai Ji Quan: Part I 12-1 **SPEAK OUT! Therapy Program 12-4:30	9 Dance for Parkinson's -Lynden 9-10 -Firehouse Art 11-12 STG Dance for PD 10:30-12 (Garfield) Yoga for Healing -B'ham YMCA 11-12	10 Pedaling for PD YMCA B'ham 9:30-10:45	11 **WORLD PARKINSON'S DAY!** Gonzaga Dance 11-12:15 PD Climbing Edgeworks Ballard 2:00-2:30
12 Yoga for You MT 1:30-2:30	13 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 STG Dance for PD (PNB) 11-12:30 **Tai Ji Quan: Part II 12-1 **SPEAK OUT! Therapy Program 12-4:30 Dance for PD Idaho 2-3	14 Dance for Parkinson's+ (Moscow) 10:30-Noon STG Dance for PD (GenCare) 2:00-3:00	15 **TAX DAY**  Pedaling for PD YMCA -B'ham 9:30-10:45 -Mill Creek 10:30-11:45 PD Karate (Shoreline) 10:30-Noon STG Dance for PD 11-12:30 (Kerry Hall) Gonzaga Dance 11-12:30 **Tai Ji Quan: Part I 12-1 **SPEAK OUT! Therapy Program 12-4:30	16 Dance for Parkinson's -Lynden 9-10 -Firehouse Art 11-12 STG Dance for PD 10:30-12 (Garfield) Yoga for Healing -B'ham YMCA 11-12	17 Pedaling for PD YMCA B'ham 9:30-10:45	18 Gonzaga Dance 11-12:15 **HOPE CONFERENCE® WENATCHEE**
19 Yoga for You MT 1:30-2:30	20 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 STG Dance for PD (PNB) 11-12:30 **Tai Ji Quan: Part II 12-1 **SPEAK OUT! Therapy Program 12-4:30 Dance for PD Idaho 2-3	21 Dance for Parkinson's+ (Moscow) 10:30-Noon PD Climbing Wild Walls (Spokane) 1:00-3:00 STG Dance for PD (GenCare) 2:00-3:00	22 **EARTH DAY!** Pedaling for PD YMCA -B'ham 9:30-10:45 -Mill Creek 10:30-11:45 PD Karate (Shoreline) 10:30-Noon STG Dance for PD 11-12:30 (Kerry Hall) Gonzaga Dance 11-12:30 **Tai Ji Quan: Part I 12-1 **SPEAK OUT! Therapy Program 12-4:30  **NEW Support Group: -Island House (in-person) Dr. Marci 1-2pm**	23 Dance for Parkinson's -Lynden 9-10 -Firehouse Art 11-12 PD Climbing -Edgeworks Bellevue 10-11 STG Dance for PD 10:30-12 (Garfield) Yoga for Healing -B'ham YMCA 11-12	24 Pedaling for PD YMCA B'ham 9:30-10:45	25 Gonzaga Dance 11-12:15 PD Climbing Edgeworks Ballard 2:00-2:30 **HOPE CONFERENCE® BOZEMAN**
26 Yoga for You MT 1:30-2:30	27 SEE April 20 (same schedule) No Speak Out! on this day	28 SEE April 14 (same schedule)	29 SEE April 22 (same schedule) No Speak Out! on this day	30 SEE April 16 (same schedule)	NORTHWEST PARKINSON'S FOUNDATION	

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

Program questions?
Jen Hildebrand
jen@nwpf.org
425-442-5647

www.NWPF.org

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April 2026

In-Person = *
Hybrid = **
Virtual has no *

Virtual/Hybrid Programs

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 **PASSOVER** **Tai Ji Quan: Part I 12-1	2	3 Boxing w/o Borders 10-11 Victory Drumming 11-12	4
6 Your Morning WakeUp Call 9-9:45 Zumba Gold 10-10:45 **Tai Ji Quan: Part II 12-1 **SPEAK OUT! Therapy Program 12-4:30 Feldenkrais 2:30-3:15	7 Yoga for Healing w/Jessie 10-11 Tremolo Singers 11-12 **Support Group:** **-Women w/ PD Dr. Marci 3-4pm** **-Adult Children of PwP Dr. Marci 6-7pm**	8 **Tai Ji Quan: Part I 12-1 **SPEAK OUT! Therapy Program 12-4:30 SilverKite Watercolor Art Class 1-2 **HOPE APOTHECARY: Hallucinations w/PD 12:00pm - 1:00pm**	9 **Support Group:** **-Newly Diagnosed w/PD Dr. Marci 3-4pm**	10 Boxing w/o Borders 10-11 Victory Drumming 11-12	11 **WORLD PARKINSON'S DAY!**
13 Your Morning WakeUp Call 9-9:45 Zumba Gold 10-10:45 **Tai Ji Quan: Part II 12-1 **SPEAK OUT! Therapy Program 12-4:30 Feldenkrais 2:30-3:15	14 Yoga for Healing 10-11 Tremolo Singers 11-12 **Support Group:** **-Care Partners Dr. Marci 3-4:30pm** **-Lay Facilitators Dr. Marci Online 2-3**	15 **TAX DAY** **Tai Ji Quan: Part I 12-1 **SPEAK OUT! Therapy Program 12-4:30 SilverKite Watercolor Art Class 1-2	16 **Support Groups:** **-People w/ Parkinson's Dr. Marci Online 12-1** **-Snoqualmie Valley SG Online 4-5**	17 Boxing w/o Borders 10-11 Victory Drumming 11-12 STG Dance for PD Online 11-Noon	18
20 Your Morning WakeUp Call 9-9:45 Zumba Gold 10-10:45 **Tai Ji Quan: Part II 12-1 **SPEAK OUT! Therapy Program 12-4:30 Feldenkrais 2:30-3:15 Mindfulness with Moldauer 3:30-4:30	21 Yoga for Healing 10-11 Tremolo Singers 11-12 **MEET THE EXPERT: Dr. Nate Coomer Gait and Parkinson's 11:00am - 12:00pm** **Support Group:** **-Care Partners Dr. Marci 3-4:30**	22 **EARTH DAY** **Tai Ji Quan: Part I 12-1 **SPEAK OUT! Therapy Program 12-4:30 SilverKite Watercolor Art Class 1-2	23	24 Boxing w/o Borders 10-11 STG Dance for PD Online 11-Noon	25
27 Your Morning WakeUp Call 9-9:45 Zumba Gold 10-10:45 **Tai Ji Quan: Part II 12-1 **SPEAK OUT! Therapy Program 12-4:30 Feldenkrais 2:30-3:15	28 Yoga for Healing 10-11	29 **Tai Ji Quan: Part I 12-1 SilverKite Watercolor Art Class 1-2	30		

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