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

May 2026

In the Spotlight:

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

Upcoming Events May is National Speech-Language-Hearing Month

2026 World Parkinson's Congress in Phoenix **May 24-27**
"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.

Meet the Expert with Dr. Karin Duncan 2:00pm-3:00pm PT **May 11**
Topic: *Trauma, The Vagus Nerve, and Parkinson's, The More You Know*
Register for this free virtual webinar at www.nwpf.org.

McMenamin's Fundraiser Bothell, WA 5:00pm-10:00pm PT **May 12**
Bothell, WA at the Anderson School: Tavern on the Square. 50% of dine-in sales will be donated back to NWPF! Come and gather with friends!

NWPF Walk for Parkinson's 2026 Seattle, WA 10:00am PT **May 30**
This is a big one! Our PD Community event raising funds for our PD Community. Husky Outdoor Track at UW. Let's Move! Sign up for the walk at TEAMPARKINSONS.COM and be part of our team!

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, 2:30-3:15p
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 (4/8-5/18)
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
NEW *Singing in Spokane (Spokane Office) Tuesdays 10:00-11:00am
*Dance for Parkinson's+: (Moscow, ID) Tuesdays 10:30-Noon Palouse Mall Entrance
*WildWalls PD Climbing: (Spokane) 1st and 3rd Tuesdays 1:00-3:00p
*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: NWPF Spokane Office by appointment only. Email audrey@nwpf.com for more information.
*Gonzaga Dance for PD: Weds (until May 6) & Sat 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

May 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
May 4, 11, 18, No class on 25th

Zumba Gold for Parkinson's:
Mondays 10:00-10:45a
May 4, 11, 18, No class on 25th

Feldenkrais Method:
Mondays, 2:30-3:15p
May 4, 11, 18, No class on 25th

Mindfulness with Moldauer:
1st and 3rd Mondays 3:30-4:30p
May 4 and Apr 18

Yoga For Healing w/Jessie Lu:
Tuesdays 10:00-11:00a
May 5, 12, 19, 26

Tremolo Singers:
First 3 Tuesdays 11:00-Noon
May 5, 12, 19

Boxing without Borders:
Fridays 10:00-11a
May 1, 8, 15, No class on 22 or 29

Victory Drumming:
First 3 Fridays of the month
11:00-Noon
May 1, 8, 15

STG Dance for PD Online:
Fridays, 11:00-Noon
May 1, 8, 15, 29, No class on 22

HYBRID Programs:

**Tai Ji Quan: Moving for Better Balance:

Part One	Part Two
Weds 12-1p	Mondays 12-1p
May 6	May 4
May 13	May 11
May 20	May 18
May 27	~~May 25~~

***IN-PERSON Programs:**

*Pedaling for Parkinson's Whatcom Family YMCA

Mon/	Weds/	Fri/ 9:30-10:45a
		May 1
May 4	May 6	May 8
May 11	May 13	May 15
May 18	May 20	May 22
	May 27	May 29

YMCA is closed on Memorial Day

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

*Pedaling for Parkinson's Mill Creek Family YMCA
Mon & Weds/ 10:30-11:30a
May 4, 6, 11, 13, 18, 20, 27
YMCA is closed on Memorial Day

*Edgeworks PD Climbing (Tacoma):
Mondays 10-11a
May 4, 11, 18, No class on 25th

*PD Karate Club: YMCA (Shoreline)

Mon/	Weds/	10:30-Noon
May 4	May 6	
May 11	May 13	
May 18	May 20	
May 25	May 27	

YMCA is closed on Memorial Day

*Dance for PD Idaho (Boise):
Mondays 2-3p
May 4, 11, 18, No class on 25th

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

*Singing in Spokane (Spokane Office)
Tuesdays 10:00-11:00am (Walk-in style)
May 5, 12, 19, 26

*Dance for Parkinson's+: (Moscow, ID)
Palouse Mall Entrance
Tuesdays 10:30-Noon
May 5, 12, 19, 26

*Wild Walls PD Climbing (Spokane)
1st and 3rd Tuesdays 1-3:00p
May 5 and 19

*Firehouse Arts Dance for PD: (Bellingham)
Thursdays 11:00-Noon
May 7, 14, 21, 28

*Yoga for Healing: Whatcom YMCA
Thursdays 11:00-Noon
May 7, 14, 21, 28

*Edgeworks PD Climbing (Bellevue)
Thursday/ once a month 10:00-11:00a
May 21

*STG Dance for PD:
Mon 11-12:30p PNB/ May 4, 11, 18, No 25th
Tues 2-3p GenCare/ May 5, 12, 19, 26
Weds 11-12:30p Kerry Hall/ May 6, 13, 20, 27
Thurs 10:15-12p Garfield CC/ May 7, 14, 21, 28

www.NWPF.org

Local. Independent. Here for you.

*Gonzaga Dance for PD: Spokane

Weds/	Saturdays 11:00-12:15p
May 6	May 2
	May 9
	May 16
	No Class May 23
	May 30

*Edgeworks PD Climbing: Seattle
2nd and 4th Saturday 2:00-3:30p
May 9 May 23

*Yoga for Parkinson's: Missoula, MT
Sundays 2:30-3:30p MT
May 3, 10, 17, 24, 31

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Special Events: (Register at nwpf.org)

May 11 - Dance for PD Pop-up CDA
May 11 - Meet the Expert online: Dr. Duncan
May 12 - Dance for PD Pop-up Tri-Cities
May 12 - McMenamin's Fundraiser
May 15 - Pints for PD Spokane Grain Shed
May 27 - Walla Walla Clothing Co. Event
May 30 - NWPF WALK for Parkinsons!

All NWPF Sponsored Classes and Support Groups are FREE.

Support Groups Online w/Dr. Marci
(All Virtual)

Women with PD 3-4p	T	May 5
Children of PwPD 6-7p	T	May 5
Care Partners 3-4:30p	T	May 12
Newly Diagnosed 3-4p	Th	May 14
Lay Facilitators 2-3p	T	May 19
People w/ PD SG 12-1p	Th	May 21
Snoqualmie Valley 4-5p	Th	May 21
Care Partners 3-4:30p	T	May 26

Spokane Group w/ Audrey Parks
(In-Person)

Care Partners 1-2p	Th	May 21

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
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May 2026

In-Person Programs

Hybrid = **

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NORTHWEST PARKINSON'S FOUNDATION				1 Pedaling for PD YMCA B'ham 9:30-10:45	2 Gonzaga Dance 11-12:15
3 Yoga for You MT 1:30-2:30	4 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	5 Singing 10-11:00 (Spokane Office) 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	6 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 11-12:15 **Tai Ji Quan: Part I 12-1 **SPEAK OUT! Therapy Program 12-4:30	7 STG Dance for PD 10:30-12 (Garfield) Yoga for Healing -B'ham YMCA 11-12 Dance for Parkinson's -Firehouse Art 11-12	8 Pedaling for PD YMCA B'ham 9:30-10:45	9 Gonzaga Dance 11-12:15 PD Climbing Edgeworks Ballard 2:00-2:30
10 Yoga for You MT 1:30-2:30	11 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 **Dance for Parkinson's Pop Up *Coeur d'Alene* 12 -1pm**	12 Singing 10-11:00 (Spokane Office) Dance for Parkinson's+ (Moscow) 10:30-Noon STG Dance for PD (GenCare) 2:00-3:00 **Dance for Parkinson's Pop Up *Tri-Cities* 12 -1pm** **MCMENAMIN'S FUNDRAISER 5-10PM**	13 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) **Tai Ji Quan: Part I 12-1 **SPEAK OUT! Therapy Program 12-4:30	14 STG Dance for PD 10:30-12 (Garfield) Yoga for Healing -B'ham YMCA 11-12 Dance for Parkinson's -Firehouse Art 11-12	15 Pedaling for PD YMCA B'ham 9:30-10:45 **PINTS FOR PARKINSON'S The Grain Shed Spokane, WA**	16 Gonzaga Dance 11-12:15
17 Yoga for You MT 1:30-2:30	18. 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	19 Singing 10-11:00 (Spokane Office) 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	20 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) **Tai Ji Quan: Part I 12-1 **SPEAK OUT! Therapy Program 12-4:30	21 PD Climbing 10-11 -Edgeworks Bellevue STG Dance for PD 10:30-12 (Garfield) Yoga for Healing -B'ham YMCA 11-12 Dance for Parkinson's -Firehouse Art 11-12 **Spokane Office SG Care Partners w/Audrey Parks 1-2**	22 Pedaling for PD YMCA B'ham 9:30-10:45	23 Gonzaga Dance 11-12:15 PD Climbing Edgeworks Ballard 2:00-2:30
24 Yoga for You MT 1:30-2:30	25 **MEMORIAL DAY** No NWPF Classes YMCA Closed	26 SEE May 12 (same regular schedule)	27 SEE May 20 **FUNDRAISER 5:30-7:30 Walla Walla Clothing Co. *(Kirkland)***	28 SEE May 14 (same schedule)	29 Pedaling for PD YMCA B'ham 9:30-10:45	30 Gonzaga Dance 11-12:15 **SEATTLE WALK FOR PARKINSON'S 10 AM**

WORLD PARKINSON'S CONGRESS 2026 - PHOENIX

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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May 2026

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

Virtual/Hybrid Programs

All online classes are Pacific Time Zone unless otherwise stated.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Boxing w/o Borders 10-11 Victory Drumming 11-12 STG Dance for PD Online 11-Noon	2
3	4 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	5 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**	6 **Tai Ji Quan: Part I 12-1 **SPEAK OUT! Therapy Program 12-4:30 SilverKite Watercolor Art Class 1-2	7	8 Boxing w/o Borders 10-11 Victory Drumming 11-12 STG Dance for PD Online 11-Noon	9
10	11 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 **Meet the Expert Webinar Dr. Karin Duncan 2-3pm**	12 Yoga for Healing 10-11 Tremolo Singers 11-12 **Support Group:** **-Care Partners Dr. Marci 3-4:30pm**	13 **Tai Ji Quan: Part I 12-1 **SPEAK OUT! Therapy Program 12-4:30 SilverKite Watercolor Art Class 1-2	14 **Support Group:** **-Newly Diagnosed w/PD Dr. Marci 3-4pm**	15 Boxing w/o Borders 10-11 Victory Drumming 11-12 STG Dance for PD Online 11-Noon	16
17	18 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	19 Yoga for Healing 10-11 Tremolo Singers 11-12 **-Lay Facilitators Dr. Marci Online 2-3**	20 **Tai Ji Quan: Part I 12-1 **SPEAK OUT! Therapy Program 12-4:30	21 **Support Groups:** **-People w/ Parkinson's Dr. Marci Online 12-1** **-Snoqualmie Valley SG Online 4-5**	22	23
24	25 **MEMORIAL DAY** No classes today. YMCA is closed as well. 	26 Yoga for Healing 10-11 **Support Group:** **-Care Partners Dr. Marci 3-4:30**	27 **Tai Ji Quan: Part I 12-1 **SPEAK OUT! Therapy Program 12-4:30	28	29 STG Dance for PD Online 11-Noon	30 **SEATTLE WALK FOR PARKINSON'S! 10 AM** **VIRTUAL WALKERS WELCOME! SIGN UP TODAY!**

WORLD PARKINSON'S CONGRESS 2026 - PHOENIX

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

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

NORTHWEST PARKINSON'S FOUNDATION

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May 2026

Hybrid = **

INLAND NORTHWEST AREA

All online classes are Pacific Time Zone unless otherwise stated.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Gonzaga Dance 11-12:15
3	4 **SPEAK OUT! Therapy Program 12-4:30	5 Singing 10-11:00 (NWPF Spokane Office) Dance for Parkinson's+ (Moscow) 10:30-Noon PD Climbing Wild Walls (Spokane) 1:00-3:00	6 Gonzaga Dance 11-12:15 **SPEAK OUT! Therapy Program 12-4:30	7	8	9 Gonzaga Dance 11-12:15
10	11 **SPEAK OUT! Therapy Program 12-4:30 **Dance for Parkinson's Pop Up** 12:00 -1:00 Tri-Cities	12 Singing 10-11:00 (NWPF Spokane Office) Dance for Parkinson's+ (Moscow) 10:30-Noon **Dance for Parkinson's Pop Up** 12:00 -1:00 Coeur d'Alene	13 **SPEAK OUT! Therapy Program 12-4:30	14 **Women's Support Group** 1:00-2:00 Spokane NWPF Office	15 **PINTS FOR PARKINSON'S** The Grain Shed	16 Gonzaga Dance 11-12:15
17	18 **SPEAK OUT! Therapy Program 12-4:30	19 Singing 10-11:00 (NWPF Spokane Office) Dance for Parkinson's+ (Moscow) 10:30-Noon PD Climbing Wild Walls (Spokane) 1:00-3:00	20 **SPEAK OUT! Therapy Program 12-4:30	21 **NEW! Caregiver Support Group** 1:00-2:00 Spokane NWPF Office	22	23 Gonzaga Dance 11-12:15
24	25 **MEMORIAL DAY** **no classes** 	26 Singing 10-11:00 (NWPF Spokane Office) Dance for Parkinson's+ (Moscow) 10:30-Noon **PD Connect Support Group** 4:30-6:30 Redeemer Lutheran Church Spokane Valley	27 **SPEAK OUT! Therapy Program 12-4:30	28	29	30 Gonzaga Dance 11-12:15

WORLD PARKINSON'S CONGRESS 2026 - PHOENIX

NORTHWEST PARKINSON'S FOUNDATION

Program or Support Group questions?
Contact Audrey Parks
Audrey@nwpf.org or 541-639-9444

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