May 2026

Hybrid = **

INLAND NORTHWEST AREA

All online classes are Pacific Time Zone unless otherwise stated.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Gonzaga Dance 11-12:15	2 Gonzaga Dance 11-12:15
3	4 **SPEAK OUT! Therapy Program 12-4:30	5 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 **HAPPY MOTHER'S DAY** 	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 **NEW!** (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

All Programs are 100% Free because of generous donors like you!

www.NWPF.org ~ Local. Independent. Here for you.