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U-Turn
Parkinson's
monthly newsletter



A Message From Tim

The grand opening of our new Southdale location was a resounding success as you'll see from the photos below! How do you say 'Thank You!' when the words feel so small? All I can do is say that we were absolutely moved by the outpouring of gratitude for our services and the well wishes given over these two days.



Friday evening was a media event in which the local media was invited out along with our sponsors and Circle of Champions. The highlight of the evening, of course, was having #81, Kyle Connor of the Winnipeg Jets, out to champion our cause. Folks were delighted to get to meet him, his lovely wife and 6-month-old little girl. I don't think anyone left without a huge smile firmly planted on their face!

Saturday our community came together to celebrate this new location and we had nigh on 200 people in attendance, along with the local MLA, Renee Cable. I am incredibly grateful to everyone who came to help us celebrate, our volunteers who so generously give of their time and our staff who went above and beyond in pulling this weekend together. I am indeed fortunate to be surrounded by such wonderful, capable individuals!

With the arrival of November, we move into a short season of relative calm before we are headlong submersed into the holiday season. Maybe it's a good time, the right time to come to that class you've been thinking about. Maybe tune in online. I would agree, now is the time. Parkinson's waits for no one. Now is the time to take back some measure of control. Join me at the gym, won't you?

For those interested in how you can help U-Turn Parkinson's in our mission today is a good day to become one of our Champions! [Join our Circle of Champions](#) and help us as we work to empower our community.

Live Your Best!

Tim

Fundraising & Events



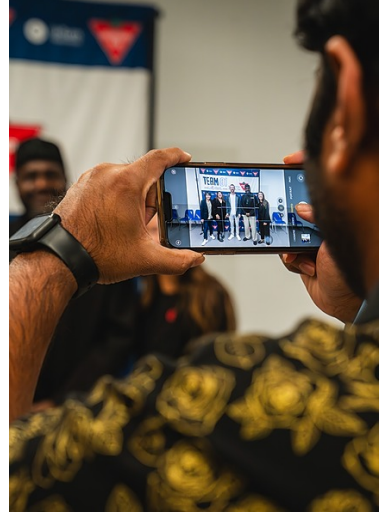
Thank You for Joining Us at Our Grand Opening!

A heartfelt *thank you* to everyone who joined us for the Grand Opening of our new home at the Southdale Community Centre! It was an incredible day celebrating community, movement, and hope — and we're so grateful for your support.

For those who couldn't make it, we missed you! The event was filled with smiles, energy, and inspiration as we officially opened our doors to a new chapter at U-Turn Parkinson's. We were also joined by special guest **Kyle Connor (#81, Winnipeg Jets)**, who helped make the celebration even more memorable.

Take a look back: We've included a few photos from the day so you can relive the excitement and share in the joy of this milestone moment.

Together, we're moving forward — stronger than ever!









Spotlight on Kyle Connor's Support for Parkinson's Awareness

We're thrilled to share that Winnipeg Jets star Kyle Connor was recently featured in *The New York Times*, where he opened up about his late father's dream and his connection to Parkinson's disease. His story is both powerful and inspiring — a true reminder of why awareness and community matter so much.

Kyle's commitment extends beyond the rink through his collaboration with **U-Turn Parkinson's Team 81** initiative, which raises funds and awareness for programs that help people living with Parkinson's stay active and connected.

We're so grateful for Kyle's continued support and advocacy, his passion helps shine a light on the strength of the Parkinson's community and the impact of movement, hope, and teamwork.

Read the article: <https://shorturl.at/33SuE>

Join the Circle of Champions:
Fuel Support for U-Turn PD
Every Month



Become a Champion for Parkinson's Wellness

At U-Turn Parkinson's, we believe in the power of community to create lasting change. That's why we've established the Circle of Champions, a dedicated group of monthly donors who provide steady, reliable support to keep our programs free and accessible to all.

Why Join?

- *Exclusive Perks:* Enjoy opportunities like tickets to Winnipeg concerts & events, an annual appreciation breakfast, early access to our most exciting news, and more! Plus, all donors giving at least \$20/month receive a Circle of Champions pin.
- *Bigger Impact:* Monthly gifts add up over time. Even a modest contribution builds into significant support that strengthens our programs year after year.
- *Easy & Flexible:* Set it and forget it! You can update your amount, timing, or payment details anytime. Plus, you'll receive one simple consolidated tax receipt at year-end.
- *Reliable Support:* Your consistent support helps us plan with confidence, ensuring free, accessible programs are always here for the Parkinson's community.

Join Today

Ready to make a lasting impact? Join the Circle of Champions now and be part of a community dedicated to building strength, connection, and hope for people living with Parkinson's.

Join the Circle of Champions

Programming Updates

Hello U-TurnPD community,

Happy November! It was so wonderful to see so many of you at our Grand Opening on October 18th. Thank you for celebrating with us, and if you're new to our community, welcome here! I'm reminded every time we have an event of how exceptional our community is. Thank you to each of you who played an important role in providing tours, demonstrating classes and simply showing up to support.



New or veteran U-TurnPD client, I hope you will make the most of your November here with us. Here are a few exciting things on our programming horizon...

Monthly Welcome Session

In August, we began offering a monthly welcome session, an orientation of sorts, to help you get the most out of your time at U-Turn Parkinson's. Join us for a relaxed and informative U-TurnPD 101 session where you'll learn how exercise supports living well with Parkinson's, what to expect in our classes, how to stay safe and motivated, and how we tailor programs to meet your needs. This is a great opportunity to ask questions, meet staff, and feel confident before jumping into your first class or assessment. Care partners and current members looking for more information are welcome to attend!

Next Session: Tuesday, November 25 at 11:30 AM.

Sign Up to Attend Here: <https://uturnparkinsons.org/class-sign-up/>

Winkler Expansion Coming in 2026

We are thrilled to share that U-Turn Parkinson's will open programming in Winkler in 2026. This expansion will help bring research-based Parkinson's exercise to more Manitobans in the Pembina Valley region. We will continue to keep you updated as planning develops.

If you know of instructors or someone who'd love to volunteer at our classes in the Winkler area, please reach out. We are still building a team of wonderful people passionate about PD!

West Side Classes on Wednesdays

We are proud to continue expanding access in Winnipeg! Join us at U-Turn Parkinson's West at 3969 Portage Avenue (Focus Fitness, inside the Hockey for All Centre), Wednesdays at 1:00 PM.

If you live in the west side of the city or simply want to try a new location, we would love to see you there. Bringing a friend or care-partner is always encouraged, they can create an account with us at <https://uturnparkinsons.org/our-community/#account>.

November is National Caregivers Month

This month, we take time to recognize and appreciate the care-partners and loved ones who support individuals living with Parkinson's. Your dedication, patience and compassion make a profound impact.

Whether you drive to class, encourage movement at home, help organize daily routines or simply offer presence and support, we see you and we are grateful.

You are an important part of this community. Did you know we offer a Care Partner Support Group every Friday at 11:00 AM? The group is hosted at our Southdale location and offers an opportunity to socialize, encourage one another, share and find resources and find community. Participants get the chance to make connections with others who truly understand the unique care partner journey and discuss topics specific to supporting someone with PD.

To join us, create an account here: <https://uturnparkinsons.org/our-community/#account>

And then sign up to attend: <https://uturnparkinsons.org/class-sign-up/>

Care-Partner Tip of the Month: Move Together

This month, try one shared movement (or meaningful) moment with your loved one. It doesn't need to be big. Examples include:

- Attend a U-TurnPD class together
- Read a book aloud together
- Try some light stretches with a YouTube video

- Practice balancing safely at the kitchen counter

Moving side by side not only supports physical strength but strengthens emotional connection and shared resilience. If movement isn't an available option, try a meaningful activity instead!

If you are a care-partner and would like more support or connection, please let us know. We are exploring care-partner offerings for 2026 and value your input.

As We Head into Winter

Shorter days and colder weather can make consistency a challenge. Remember:

- Movement is medicine for the brain and body, whether you join us in-person or online via Zoom
- Community keeps us motivated
- Every class, every walk, every stretch counts. If you something is keeping you from your usual routine, try some exercises from the safety of your home!

We are proud to walk alongside you. Thank you for continuing to show up, support one another, and build a community rooted in strength, courage, and hope.

Live Your Best!

Jordana

We're on Tik Tok!

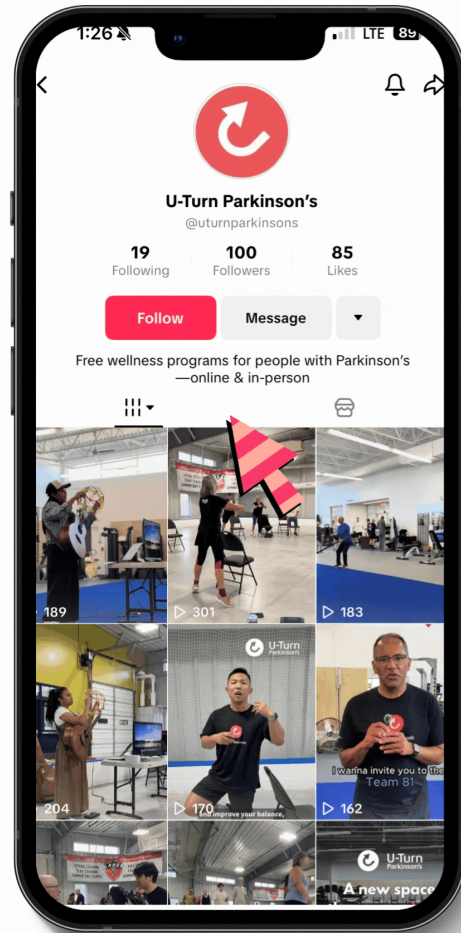
U-Turn Parkinson's is now on TikTok, not just for fun, but **to share our mission, raise awareness**, and connect with even more people who care.

We know TikTok may not be your go-to app, but it's where **many caregivers, families, and advocates are**, and we want to make sure they hear your stories, see your strength, and join our

movement.

Follow us, share with loved ones, and help us spread the word:

[tiktok.com/@uturnparkinsons](https://www.tiktok.com/@uturnparkinsons)



Helpful Resources for Living Well



University
of Manitoba



SOUGHT FOR A RESEARCH STUDY

Calling Volunteers with Parkinson's Disease

**NEUROSCIENCE RESEARCHERS FROM THE RADY FACULTY OF
HEALTH SCIENCES ARE CONDUCTING A CLINICAL TRIAL TO
EVALUATE THE BENEFITS OF BRAIN STIMULATION ON
IMPROVING COGNITION IN PARKINSON'S DISEASE**

For more information, please scan the QR code above or contact:

**Research nurse: Ms. Kelly Williams
Email: kwilliams3@mdc-dlc.ca
Phone: 204-940-8427**



A study conducted at Professor Zumbansen's lab
**Research participants
needed!**

Are you living with Parkinson's Disease?

We are looking for people with or without musical experience and
living with Parkinson's Disease.

Aim: To better understand music appreciation in Parkinson's Disease.

- 1 - 2 hours individually with a researcher
- Test your music and language skills
- Ask a family member about your musical tastes



Where?

Virtual (anywhere in Canada)

At your place (Ottawa, Gatineau, Montreal)

In-person (University of Ottawa, 200 Lees Avenue, Ottawa)

✗ You cannot participate if you have: uncorrected vision or hearing problem,
another neurological or psychiatric condition

Interested to join? Want to know more?

Please scan and leave your
contact information here:



Or Contact Nina:
✉ nbaya063@uottawa.ca

We are so grateful for all funding provided to
U-Turn Parkinson's
Sponsorship & Grants Provided by:



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www.eturnparkinsons.org

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