

Contact Us

Sign Up To Class

Donate



U-Turn  
Parkinson's  
*monthly newsletter*



## A Message From Tim

As we roll into September, I can't help but think of what a wonderful summer we have had. We have moved into our new home at Southdale Community Centre and are planning a fantastic '**Grand Opening**' for you, more on that to come. We just concluded our second annual Team 81 Ride for Parkinson's and our first annual Bike Parade. There were 35 riders who came out to ride the 50km trek and a number of families who joined in our bike parade who all together raised in excess of \$115,000 for Parkinson's care here in Manitoba! I cannot begin to tell you how blessed and humbled I am by this outpouring of generosity! Thank you to everyone who gave so that we who live with this disease can *Live Our Best!*



I would be curious to hear from you what this tag line means to you. Live Your Best! has been our mantra since almost the inception of U-Turn Parkinson's but I sometimes wonder if it has a clear meaning. Here is a bit of what it means to me. I want to live the best life that I possible can. Sounds simple enough right? Well, I fear it gets convoluted some days. When we talk about exercise, I fear that some get lost in societies fixation on fad diets, etc. So here is what Live Your Best! Does Not mean to me. It's not about losing weight, getting buff and strong or about being a gym rat.

*Live Your Best! means living life on my terms.*

Now, that may involve some of those things **BUT it does mean using exercise to slow the progression of my disease.** I've been at this now for 14.5 years and I can guarantee you that unless you step up and take control of your Parkinson's it will step up and take control of you. The best thing I have

found to feel better and function better is regular, sweaty exercise. I hear you that are saying ‘Well, I don’t like to exercise!’. I hear you and you do have a choice. There is always a choice.

My hope is that you will heed the science and get involved with your care. I turned 60 last year and am almost 61. I would by most measures be considered ‘old’. However, I have chosen to come **ROARING** into my 60’s! Somewhat diminished, maybe, somewhat slower, maybe, a little quieter, maybe, but nonetheless strong and determined.

As we begin planning for the fall and winter months take a look again at our offerings and come join us. In Boxing, Empower-U, Power Stretch, Dance, Vocal Power or one of our support groups; there is a place for you here at U-Turn Parkinson’s! All of our classes are offered free of charge.

If you love someone with PD, consider becoming their champion. Champion their cause by helping to keep our services free of charge by becoming a monthly donor. Your donation will help them and hundreds of others to live life on their terms.

Live Your Best!

Tim

## Fundraising & Events



**You're Invited: U-Turn Parkinson's Grand Opening!**

We're thrilled to announce the Grand Opening of U-Turn Parkinson's newest location — and you're invited to celebrate with us!

**Date:** Saturday, October 18, 2025

**🕒 Time:** 10:30 AM – 12:30 PM

**Location:** Southdale Community Centre

This special event is all about connection, community, and celebration. Whether you're already part of the U-Turn family or new to our programs, we'd love to welcome you into our growing community.

At the grand opening, you'll have the chance to:

- Experience 15-minute class demos featuring U-Turn's signature programs — fitness and movement designed for people living with Parkinson's
- Enjoy light refreshments while meeting fellow community members
- Enter to win door prizes, including a special prize for new client registrations
- Hear from U-Turn Parkinson's founder Tim Hague, program manager Jordana Hague, and a special guest government official

Come see how U-Turn is expanding its reach, empowering more people living with Parkinson's, and continuing to build a community of strength, hope, and connection.

We can't wait to celebrate this new chapter with you!

[REGISTER HERE](#)

## Programming Updates

Happy September Community!

What a wonderful, busy summer it has been this year. The summertime months are often some of our slowest however that has not at all been the case this year. July and August saw record numbers of attendance and it was an absolute pleasure seeing so many new faces in our brand new location.

If you were away this summer or are looking for a fresh place to start living your best with Parkinson's, we'd love to see you in class this fall. Our team is eager to meet you and help you get connected here. [Create an account](#) and then [book your assessment](#) today.



**I have a few programming updates to share with you this month:**

- First, a reminder that there will be no classes on Tuesday, September 30 in recognition of the National Day for Truth & Reconciliation.
- For our care partners, we have a special session coming up: Ambiguous Grief on Tuesday, September 16 at 1:00 PM. The session will be led by Linda Churchill, RMFT, a counsellor at the University of Manitoba's Student Counselling Centre. You can sign up online through your class calendar.
- Looking ahead, we're excited to be offering a trial of a standing-only Dancing With Parkinson's class this October! The exact date and time will be shared in your weekly email, stay tuned for details.
- I also want to highlight our Vocal Power class. Our new instructor Vina has been leading a wonderful class both online and in-person on Thursdays. This class is all about articulation and projection, with tongue twisters, poetry, and a bit of song. The class is for all levels of ability and is focused on preserving and strengthening your voice for years to come! Vocal Power is not a choir and no singing or other experience is necessary.
- Finally, a quick staffing note: I'll be away from September 4–26, but our Program Coordinator, Khris, and our new practicum student, Hannah, will be on site to support you around class times. If you need additional assistance, please don't hesitate to reach out to our Executive Director, Dauda at 204-510-4869.

Thank you for being such an important part of our community! I will miss you all during the month of September but I'm excited for all that's ahead this fall. Have a wonderful month and I look forward to seeing you all again at the end of the month.

Live Your Best!

Jordana



From the heart of the Parkinson's community, this uplifting podcast, hosted by people living with Parkinson's, offers frank conversations, heartfelt stories, and interviews that capture the day-to-day realities of life with PD. With honesty, insight, and a spirit of connection, each episode brings listeners closer to the experiences we often can't find in mainstream media. Perfect for anyone navigating Parkinson's or seeking a deeper understanding of its impact.

[LISTEN HERE](#)

## **NATIONAL DAY FOR: TRUTH AND RECONCILIATION**



### **Honouring Truth and Reconciliation Day**

On September 30, Canadians observe the National Day for Truth and Reconciliation a time to reflect, learn, and honour the experiences of Indigenous Peoples, particularly Survivors of residential schools, their families, and their communities.

Now in its fifth year, this day invites all of us to pause and recognize the deep and lasting impact that residential schools and systemic injustices continue to have on Indigenous communities across our country. It is a time not only to

remember, but also to take meaningful steps toward reconciliation.

[Read more...](#)

## Community Spotlight



### Please Welcome Our New Practicum Student Hannah!

Hannah is a student at the University of Manitoba working towards her Bachelor of Kinesiology. Beginning September 8th until December 5th, Hannah will be supporting our classes, leading assessments and bringing her knowledge and expertise to everything we do at U-Turn Parkinson's. When you see her in class, please be sure to say hello and give her a warm welcome!

### Fun Facts About Hannah

- I'm one of four sisters
- I love to go thrifting
- I play the harp
- My car's name is Penelope but she broke down 3 times this summer
- I'm proficient at backgammon

## We're on Tik Tok!

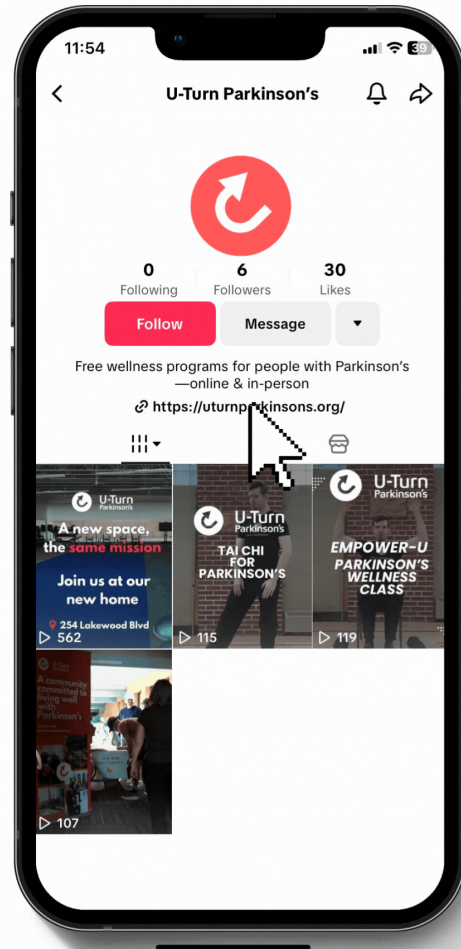
U-Turn Parkinson's is now on TikTok, not just for fun, but **to share our mission, raise awareness**, and connect with even more people who care.

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](mailto: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](mailto:nbaya063@uottawa.ca)

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





## Follow Us for More Updates



Visit Our Website

[www.urnparkinsons.org](http://www.urnparkinsons.org)

Our mailing address is:

PO Box 23036, Winnipeg, MB, R3T 5S3.

Registered Charity #: 775822927RR0001

Want to change how you receive these emails?

You can [unsubscribe](#) or [manage preferences](#).

Copyright © 2025 U-Turn Parkinson's, All rights reserved.