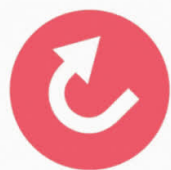


January 2026



U-Turn
Parkinson's
monthly newsletter



A Message From Tim

Happy Birthday U-Turn Parkinson's!! You are going to hear those words a lot this year as we enter our 10th Year of serving the Parkinson's community. Just like any special birthday we are planning a big bash in November that you are going to want to be a part of! But I'm getting ahead of myself. Let's come back to January.

As I look to 2026, I am filled with gratitude for all that 2025 has brought us. First of all, our incredible staff. Five full-time staff members! It feels like yesterday that it was just me and a few instructors. Now we have Jordana as Program Manager, Emily as Fund Development Manager, Kat as Communications Coordinator, and Manny as our Program Coordinator – and not to leave out Dr. Dauda our Executive Director – each highly talented and passionate about their work with people living with PD. I am so pleased to be working with this incredible team.

And we can't forget our instructors who are too numerous to count but trust me when I say, "we know who you are and you are loved!" These individuals who make it a joy to attend classes that at times we'd rather not, who encourage us and motivate us to keep moving and find the intensity. We appreciate each and every one of you!

There is so much to look forward to in 2026 it makes me a little giddy. First off is our 'Shaker' in Regina which we are holding to help raise funds to begin classes there in the Fall. Followed on by the Parkinson's Awareness Game with the Winnipeg Jets on April 11th, our Walk at the end of May, our Team 81 Ride in August and the aforementioned Gala in November.

All done in support of the people we serve every day. Those looking to take back a bit of what PD has taken from them. Those who choose to live their best despite this disease. To that end, I am so pleased to say that we will be continuing our research work with Dr. Tony Szturm at the University of Manitoba. The work that Dr. Szturm has been doing in dual-task training is very exciting and we are thrilled to be a part of it.

I am also very excited to introduce Dancing with Parkinson's Orange/Red)! Yes, dance has been a part of our offerings for some time now but only for our Green/Yellow classes. These classes will be a more challenging offering for those in our Orange/Red category. Like our Empower-U classes, this will round out our offerings to everyone attending regardless of ability.

The last item I will have you watch for is Tim & Sheryl's "Gran Caminata por el Parkinson's"! We are combining a few of our loves – language, travel and our PD community – with one of my lesser loves: walking. For those of you who know, yes, she's finally dragging me out on the Camino de Santiago! It should be fun (read: painful). More to come...

Thank you for a stellar 2025! You make U-Turn Parkinson's the wonderful adventure that it is. Thank you for your encouragement, your support and the funds that you so generously give. We are making a difference in so many lives and we look forward to impacting so many more in the year to come because of you! Thank you!

Live Your Best!

Tim

Fundraising & Events



We want to hear from you!



Introducing: "EmpowerED: Conversations for Living Well"!

EmpowerED is a bi-monthly educational speaker series that is for our community and the general public to learn more about how to maintain holistic wellness and protect your interests as you age and/or your Parkinson's symptoms progress.

Before the series officially begins in February, we want to hear from you! Please provide your feedback with a brief survey on which topics you'd most like to learn more about!



U-TurnPD is looking for volunteers who are passionate, organized and motivated to join our 2026 Walk to U-Turn Parkinson's committee! We are looking for people to help plan the event and oversee details such as food and beverage, guest registration, volunteers, entertainment, and more! Help us make this fun-filled community event come to life and be better than ever!

Spots are limited! If you are interested, please fill out the form linked below or email Emily at emily@uturnpd.org with any questions.

Programming Updates

Hello U-TurnPD Community,

As we head into the new year, we are excited to share several upcoming programming updates and opportunities to stay active and engaged with the U-Turn Parkinson's community.

Dancing With Parkinson's (Orange/Red) is Here!

This January, Dancing with Parkinson's (Orange/Red) will be launching at our Southdale location, with thanks to support from Manitoba Arts Council. This standing-only, quicker-paced class is designed for individuals at the Orange or Red level and focuses on coordination, rhythm, balance, and joy through movement. An exact start date with instructor Brenda Gorlick will be announced soon, so stay tuned for more detail!

Tai Chi Returns!

We are also pleased to share that Tai Chi returns to Southdale on January 7th at 1:30 PM. Tai Chi is a gentle, evidence-based practice shown to support balance, mobility, and fall prevention for people living with Parkinson's, while also promoting calm and body awareness.

Classes in Winkler Begin January 14!

In the Pembina Valley, classes begin in Winkler at 245 Kimberly Road (RISE Active) on Wednesday, January 14th. An assessment is required ahead of time to support safety and success in class. To book an assessment, please contact us at 204-510-4869 or info@uturnpd.org.

Stay Connected This Winter

Staying connected and engaged is an important part of living well with Parkinson's, and yet we know how difficult it can be to do so with our winter weather.

Here are a few tips to stay engaged this winter season:

1) Join us online through our YouTube channel at U-TurnPD is looking for volunteers who are passionate, organized and motivated to join our 2026 Walk to U-Turn Parkinson's committee! We are looking for people to help plan the event and oversee details such as food and beverage, guest registration, volunteers, entertainment, and more! Help us make this fun-filled community event come to life and be better than ever!

2) Participate in our live online classes delivered via Zoom,
- If you're not comfortable using technology, ask a friend, grandkid, neighbour or someone who can help to show you how to get set up. Learning new skills is an important part of u-turning PD! Our staff are also here to support you. Please reach out at 204-510-4869 or info@uturnpd.org.

3) Invite a friend to join you! Doing activities with the people around you can help make an overwhelming (or let's be honest, sometimes undesirable) task feel manageable.

4) Track progress! Commit to one activity per day and track how many days you're able to stay consistent. Celebrate all wins! Here are some activity ideas:

- a- Walk the halls of your building for 10+ minutes,
- b- Do one set of stairs per day (or as many as you can!),
- c- Practice your balance at home with support,
- d- Join us online for class 2 or more times per week,
- e- Watch two or more Youtube videos per week,
- f- Invite a friend to join you for one or more of these activities!

These options allow you to stay active and connected from the comfort of home. The goal is simply to stay active and connected, however possible. Use these ideas or come up with your own based on what works best for you.

We're here to help! If you have any questions, need help accessing online programming or are unsure which option is best for you, please reach out. We're available at 204-510-4869 or info@uturnpd.org.

We look forward to continuing to move, connect and grow together in the months ahead, whether you join us in-person or online! Let's live our best in 2026.

Jordana

Program Manager



Enhancing Our Online Classes With New Equipment

We are grateful to share that U-Turn Parkinson's recently received a Small Capital grant through Manitoba Liquor & Lotteries to support our online and hybrid programming. This funding allowed us to purchase new equipment designed to significantly improve the experience for participants joining classes virtually.

Through the grant, we were able to invest in a large TV, instructor headsets and upgraded speakers, all of which enhance sound clarity and connection during live-streamed classes. For participants living with Parkinson's, clear audio and visual cues are essential. Improved technology supports better engagement and allows participants to follow movements, instructions and conversation more easily.

As we continue to expand our reach beyond our physical space, this equipment strengthens our ability to deliver high-quality, inclusive programming to those who may not always be able to attend in-person. We are thankful for the support from Manitoba Liquor & Lotteries to make these improvements possible and are excited about the positive impact this will have on our community!



1. When did you join the U-TurnPD community and what interested you most about the position?

I joined the U-TurnPD staff as Program Coordinator in mid-November. Having just moved to Winnipeg, I felt like this was a great opportunity to understand Winnipeg through the people who have been here the longest, as well as apply my passion for accessible wellness programming.

But what interested me the most about the position was the charity's humble beginnings. I had read about Tim prior to interviewing and got to meet some of the staff. Everyone had a rich story worth learning from, and I wanted a team that inspired me to come to work every day.

2. Tell us a little bit about your previous experience and/or education. What are you most excited to bring to the community?

I studied Kinesiology at Queen's University, where I interned as a strength and conditioning coach for its varsity teams. I was certified shortly after graduating and have been training dancers ever since!

Having been a dancer my whole life, I'm a big advocate for how the artform provides tools for boosting one's mood, brain-body connection, and social wellbeing. As such, I'm excited to help design group exercises in the new year that emphasize dual-tasking and responding to external cues.

3. What do you love most so far about the U-TurnPD community?

The humour here is contagious! It's rewarding enough to be part of a community where members continue to redefine my idea of wellness, but when I hear everyone joking around it's hard not to take life too seriously. Mind you, some of Ray's quips can hit harder than his jabs!

4. Share 3-5 fun facts about you!

- I also work as a part-time DJ and Hip Hop instructor
- I was invited to be a contestant for Big Brother Season 9, but turned down the contract
- I'm a proud film snob (tell me your favourite movie and I'll tell you one that's better)
- Ray will be training me for my first charity boxing event later this year

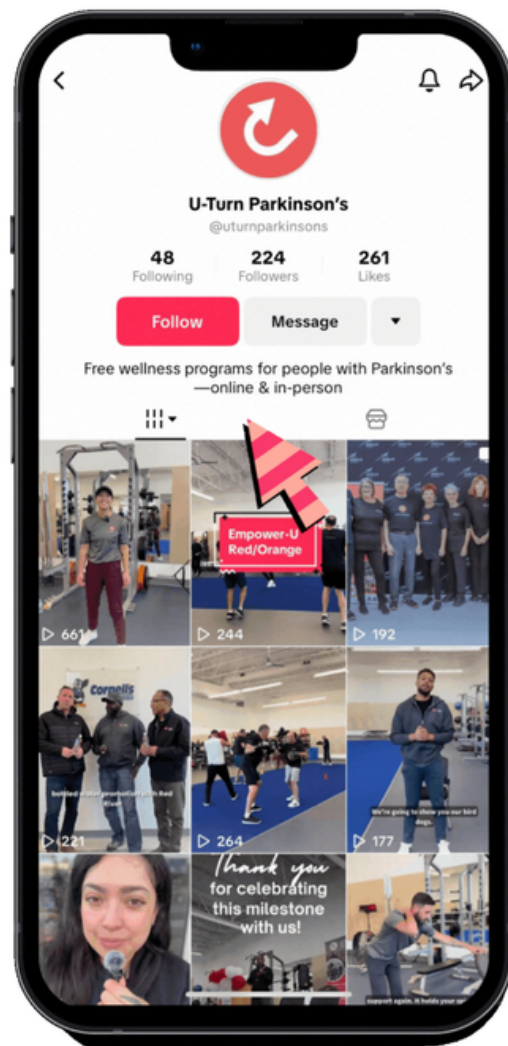
We're on Tik Tok!

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)





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.
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