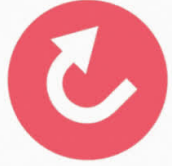


July 2026



U-Turn
Parkinson's
monthly newsletter



A Message From Tim

Welcome to summer 2026! I hope you have had a wonderful warm season so far. I want to send a big shout out to our staff and volunteers who pulled off an excellent Walk to U-Turn Parkinson's in the Pembina Valley. This was our first with our community outside of Winnipeg and it was a fantastic event! Just shy of 100 PwP and their family and friends came out to celebrate living their best and raised just over \$8000 for programs in the community.

I was once again truly inspired by this courageous community! Thank you to all who walked, donated or otherwise made this a fabulous day!

Some important dates to put on the calendar

- Team 81: yes, it's an 81km bike ride, and yet, so much more! You can ride 81, 40 or 20kms, pick your poison! You can join us for The Rally - a celebratory, family friendly ride around Assiniboine Park. Decorate your bike if you like and show the world our determination to live well with this disease. Come join in the fun, there's a place for you – even if you're 'just' a loud and rowdy fan! August 29th I'll look forward to seeing you!

www.team81.ca

- Happy birthday to us! Yes, 2026 marks 10 years of U-TurnPD helping the Parkinson's community Live Your Best! We will be celebrating together on November 5th at the Canadian Human Rights Museum. The Road to U-Turn Parkinson's: The Amazing Race Continues will be an unforgettable celebration of ten years of service to our city and of visioning what we can be for the country at large. Mark your calendars and watch for more details to come!

or our clients you will find following a piece on how we colour code our classes. Putting a colour to our classes is simple, however, it can be tough when it comes to dealing with the realities of a relentless disease. I trust it will be meaningful to you and help in the transitions that we will all make in time. We look forward to your thoughts and feedback.

Now, for me, it's back to holiday mode! At the time of writing, I'm in Alberta visiting the kids...see you all soon!

Live Your Best!

Tim

Fundraising & Events



EmpowerED
Conversations for Living Well
**Neural Pathways, Neuroplasticity, and
Re-wiring the Brain by River East Physio**

Join us on Tuesday July 7th at 2:00 PM at Southdale Community Centre for the next session of EmpowerED: Conversations for Living Well, available both in person and online.

July's topic is "Neural Pathways, Neuroplasticity, and Re-wiring the Brain", brought to you by Dana Bubenko of River East Physiotherapy.

Dana graduated in 1997 with a Bachelor of Medical Rehabilitation in Physical Therapy from the University of Manitoba. On top of her university qualifications, Dana has completed extensive post-graduate training in neurological rehabilitation, vestibular rehabilitation, hands-on ("manual") therapy, and post-operative rehabilitation. She treats a wide range of conditions, including bone, muscle, nerve and joint injuries with a particular passion for working with clients

living with post-stroke, brain injury, Parkinson's, and other neurological conditions.

Dana treats a wide range of conditions, including bone, muscle, nerve and joint injuries. She has a particular passion for working with clients living with post-stroke, brain injury, Parkinson's, and other neurological conditions.

There is still time to join us. Registration closes soon.

Sign up through your class calendar or use the link below to reserve your spot today.

Sign up for EmpowerED

EmpowerED: Conversations for Living Well is made possible through the support of Cambrian Credit Union.



Team 81 Ride for Parkinson's

Mark your calendar for August 29 and join us for Team 81 Ride for Parkinson's!

Whether you're an avid cyclist, a casual rider, or looking for a fun day out with the family, the Team 81 Ride offers something for everyone. Choose from three ride distances, then celebrate with the Parkinson's community at our Rally and Victory Lap at Assiniboine Park.

Enjoy live music, face painting, a bike decorating contest, family activities, and a colourful parade around the Park in support of people living with Parkinson's.

Register by July 15 to guarantee your jersey or Ride T-shirt in your preferred size.

Visit www.team81.ca to register and be part of something special. ❤️

Team 81 Ride

Programming Updates

Happy July U-TurnPD Community!

What a wonderful spring we've had together, from the successful Walk to U-Turn Parkinson's in both Winnipeg and Winkler, to the countless hours spent living well with PD at the centre! It's been great getting to celebrate our community and doing what we can to live our best alongside you.

I'd like to spend a little time chatting about why we use colour codes for our classes at U-Turn Parkinson's, but before that... a couple of programming notes:

Our very first Spin for Parkinson's (Orange/Red) class is coming to our West Side location! Enjoy cycling? Trying new things? This Parkinson's-specific cycling class combines stationary biking, energizing music and guided instruction in a supportive and welcoming environment. This class is designed for those at the Orange or Red level to help improve cardiovascular fitness, endurance and confidence while having fun. Join your spin instructor Cheryl beginning Tuesday, July 7 at 1:00 PM at West Side (3969 Portage Avenue, Hockey for All Centre)!

U-Turn Parkinson's will be closed Monday, August 3rd for Terry Fox Day. Have a wonderful long weekend, and we'll see you back in classes on Tuesday, August 4th.

Why We Use Colour codes at U-Turn Parkinson's

At U-Turn Parkinson's, our goal is to provide exercise that is safe, effective and appropriately challenging for each member. That's why our classes are offered in different colour codes.

While everyone in our community shares a Parkinson's diagnosis, no two people experience Parkinson's in exactly the same way. Symptoms, mobility, balance, strength, endurance and confidence can vary significantly from person to person and can also change over time.

Our colour codes help ensure that each member is exercising in an environment that best matches their current abilities and goals.

Being in the right class isn't about "moving up" or "moving down." It's about being in the class where you can participate most successfully. If a class is too easy, you may not be challenged enough to see the greatest benefits. If a class is too difficult, it can become frustrating, unsafe or prevent you from fully participating in the exercises being offered. For example, participants in our Orange/Red classes should feel comfortable moving independently throughout the gym and transitioning to and from the floor multiple times during class without assistance. These classes are designed to move at a quicker pace and often involve more complex movements and exercise progressions.

Every exercise included in class has a purpose. If an instructor introduces a core exercise, but the movement is cognitively or physically too challenging, a participant may not be able to perform it effectively and may miss out on the intended training benefit. Similarly, if it begins to take longer to move between stations or transition to and from the floor, valuable exercise time can be lost, reducing the overall effectiveness of the workout.

Speak with our staff.

If you're unsure whether or not you're getting the most out of your current classes, we encourage you to have a conversation with our team. We can help identify areas where you are thriving and areas where adjustments may help you get more out of class.

Our Green/Yellow classes are designed with the same commitment to challenging, evidence-based exercise, but with programming that allows members to perform movements more efficiently. These classes are not "easier" classes. Rather, they are structured differently to help participants maximize the benefits of every exercise and every minute of class.

As you dedicate more and more years to living well with PD, all participants will find it necessary to move to a different class. We understand that this can sometimes feel emotional. Many of us naturally associate changing classes with loss or decline, but that's not how we view it at U-Turn Parkinson's.

A recommendation to change classes is never a judgment. It is simply our professional assessment of where you are most likely to succeed, stay safe and get the greatest benefit from exercise right now.

In fact, all participants will move between levels over time. Some improve and are ready for a greater challenge. Others experience changes in their symptoms and benefit from a class that offers a different pace or structure. Both situations are completely normal.

Making a Colour Change Easier

We understand that changing classes can feel like a big transition. If you have been participating in the same class for a long time, it's natural to have questions or mixed emotions about trying something new. Here are a few ways to make the process easier:

Try a new class before making a permanent change.

Participants in our Orange/Red classes are always welcome to attend a Green/Yellow class to become familiar with the format and instructors. Many members are pleasantly surprised to discover that Green/Yellow classes provide an excellent workout.

Focus on your goals, not the colour.

The purpose of exercise is to improve strength, mobility, balance, cardiovascular fitness and quality of life. The colour level is simply a tool that helps us match you with the environment where you can best achieve those goals.

Remember that adaptation is important to living your best

What you need today may not be the same as what you need six months or a year from now. All members move between classes throughout their Parkinson's journey, and this is normal.

Measure success by participation and effort.

The most successful members are not necessarily those in a particular class. Success is found by those who consistently attend, challenge themselves and fully participate in the exercises being offered. There are many who are reaping the benefits of living well with PD who are dedicated Green/Yellow class attendees!

The class does not determine success. YOU do!

At the end of the day, no one determines how well you will live with PD except for you. It is forever an individual choice to get out of bed, get in the car, exercise with others who understand how hard it is and push yourself to be the best you can be. We are here to support you however we can. Please don't hesitate to reach out if there are ways we can help.

You're an important part of the U-Turn Parkinson's community, and we're here to support you every step of the way.

Have a wonderful summer!

Jordana Donnelly

Program Manager | U-Turn Parkinson's

204-510-4869 ex. 2

jordana@uturnpd.org

Community Spotlight

Get to know your U-TurnPD community.



1. Why did you join our community and how did you hear about us?

I heard about U-Turn PD through Volunteer Manitoba. I joined the community because I'm interested in movement and exercise and "Exercise as Medicine". I have a background in Therapeutic Yoga and somatic movement, and was interested in exploring and witnessing what effect movement and exercise have on a neurological condition.

2. Tell us about your previous education/experience. What do you bring?

I have certifications in Hatha Yoga and Advanced Therapeutic Yoga, as well as in The Kinesa Process, a Feldenkrais-adjacent somatic movement method. I've been a student of Iyengar yoga for over 25 years, and taught alignment-based yoga at the Reh-Fit Center for a number of years until Covid. I've taught people with arthritis, osteoarthritis, osteoporosis, back issues, knee issues, tremors, and saw that a consistent practice of the right sort of movement can bring a lot of freedom and confidence in movement. I'm really interested in blending the strict, conscious, careful postures of Iyengar Yoga with the fluid, exploratory and creative visualizing of non-performative somatic movement.

I really enjoy doing the chair demos for the Empower-U classes. Don't let anyone tell you that chair work is easy! I would suggest everyone try a full round, if not a full class in the chair. Without worrying about balance, it's a good way to explore how the joints articulate, where the movement originates and what muscles engage, how other parts of the body help the movement, how one side of the body differs from the other. The chair exercises are modified, but they're quite precise, and it's nice to slow down and get the brain mapping the movements.

3. What do you love most so far about our community?

Where do I start?? I love that the members care so much about each other. Every single class, I see someone helping out someone else, whether it's fetching weights for their neighbour, saving a seat, assisting someone to their chair, or just being a listening, caring friend. There's never any judgement or competition. I love the humour, I love the commitment, and I love that people love to be there! I love the way everyone takes care of and respects the space. I've never seen a cleaner gym!

4. Some fun facts:

- My kids and I have a Bernedoodle named Skuggi, and the sun rises and sets on that doggo.
- I like rocks. They're all over my house and I usually have one or two in my pockets if I'm outside.
- I would rather lift than do cardio any day.
- I'm slowly turning my front yard over to native Manitoba and pollinator friendly plants. It's a labour of love and work in process to be sure!

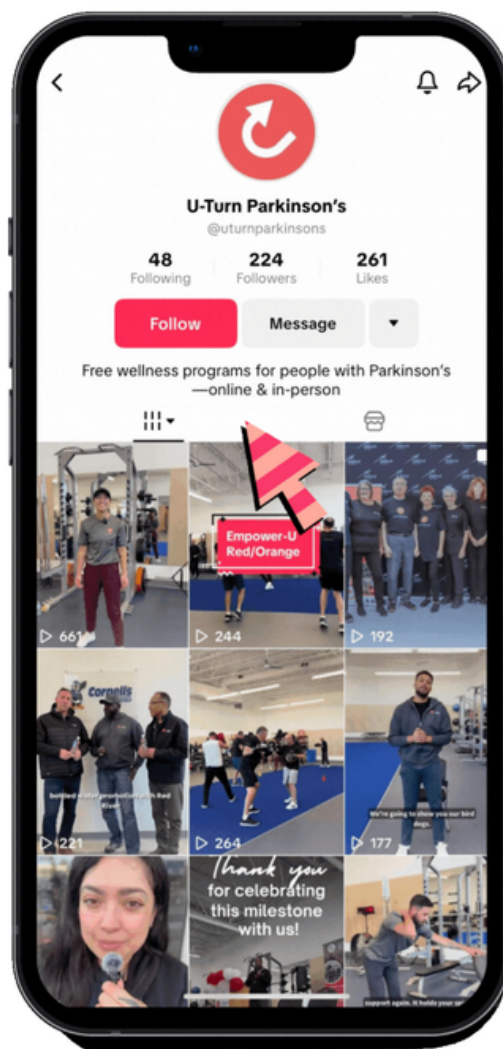
We're on Tik Tok!

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





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

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