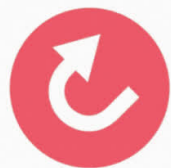


May 2026



U-Turn
Parkinson's
monthly newsletter



A Message From Tim

Hello from somewhere along the Camino de Santiago! As of this writing, we find ourselves in day seven of our 10 day journey and we've had a great, if not challenging, time so far. The challenges have come in the form of blisters, head colds and plain old exhaustion but have been offset by beautiful surroundings and the stories of those living with Parkinson's that we have met along the way.

Now you do know that you can join us on this walk correct? Sheryl and I are doing the lion's share of the walk here in Spain, but you have the opportunity to join us right at home at CMU on May 30 and walk with us the final 3 km of this grand adventure. So many have already signed up and we'd love to have you join as well.

The whole goal of this walk is to raise awareness about U-Turn Parkinson's and the free wellness classes that we provide those living with Parkinson's. Where possible to also raise the funds necessary in keeping those classes free. So register your team and then go recruit your family and friends to join you on May 30 and join Sheryl and I in the final 3 km of this magnificent grand Camino.

I want to take a brief moment to thank all of you who followed us and financially supported our 10/10/10 Grand Camino. The many voices of encouragement were exactly what we needed. This turned into a slightly bigger challenge than either of us anticipated and it was great having you there cheering us on!

Thank you from both of us!!

Live Your Best,
Tim



Fundraising & Events



10/10/10 Grand Camino de Santiago

Tim and Sheryl have officially completed their incredible 10/10/10 Grand Camino along the Camino de Santiago, reaching their goal of 100 kilometres this past Thursday.

For 10 days, they walked with purpose, raising awareness for people living with Parkinson's and carrying this community with them every step of the way. Their journey stands as a powerful reminder of what dedication and compassion can achieve.

Every dollar raised continues to support free programs at U-Turn Parkinson's. Thank you to everyone who donated, followed their journey, shared kind words, and supported along the way. Your encouragement made a real difference.



A banner for the 'EmpowerED: Parkinson's Disease 101' event. It features a photograph of a young woman and an older woman smiling at each other. In the top right corner, there is a circular inset photo of a man, identified as Dr. Douglas Hobson, with a red box below it that says 'Speaker: Dr. Douglas Hobson'. At the bottom, the text 'EmpowerED: Parkinson's Disease 101' is displayed in large, bold letters, with 'EmpowerED' in grey and red, and 'Parkinson's Disease 101' in red. Below this, the tagline 'Conversations for Living Well' is written in a smaller, grey font.

EmpowerED: Parkinson's Disease 101
Conversations for Living Well

Speaker:
Dr. Douglas Hobson

Aging in Place: Your Home, Your Choices brought to you by Victoria Lifeline.

Discover practical tips to live safely and confidently at home—from fall prevention and staying active to learning about the supportive resources available as your needs change. With the right planning, aging in place is not only possible, it's empowering.

This session is led by Vicki Russenholt, Accredited Fall Prevention Educator at Victoria Lifeline, with over a decade of experience helping older adults maintain independence safely.

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.

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



Reminder: Hockey Night for Parkinson's Awareness 💙🏒

Parkinson's Awareness Night is happening this Saturday, April 11, 2026, at 6:00 pm! The Winnipeg Jets take on the Philadelphia Flyers at Canada Life Centre in recognition of Parkinson's Awareness Month.

This game is an opportunity for our community to come together, raise awareness, and support those living with Parkinson's. The evening's 50/50 proceeds will directly benefit U-Turn Parkinson's and the Movement Disorder Clinic, helping fund programs, care, and services that keep people moving and connected.

Whether you love hockey or believe in movement as medicine, this is your chance to make an impact.

 Use our link to get your tickets and enjoy a special discount!

A dark blue banner with a large yellow lightning bolt on the left. To the right of the lightning bolt, the text "SPARK THE NIGHT" is written in large, bold, yellow capital letters. A small circular logo with a globe and the text "PD AVENGERS" is positioned between "THE" and "NIGHT". To the right of the main text, the date "April 11th" is written in large white capital letters. Below the date, the text "Our goal in 2026 is the light up 1,000 buildings world wide, 1,000 individual 'Sparklets' in 50 countries and more than 300 cities." is written in smaller white text.

**SPARK
THE
NIGHT**

April 11th

Our goal in 2026 is the light up 1,000 buildings world wide, 1,000 individual "Sparklets" in 50 countries and more than 300 cities.

✨ Spark the Night This World Parkinson's Day

On April 11, join the global movement for World Parkinson's Day by taking part in Spark the Night, a powerful campaign lighting up the world in blue for Parkinson's awareness.

Across the globe, buildings, landmarks, and communities will shine blue in solidarity with people living with Parkinson's and those who support them.

This year, you can be part of something even bigger:

- ♥ Help raise awareness in your community
- ♥ Share your support on social media
- ♥ Keep moving and inspire others

Together, we shine a light on Parkinson's, celebrate strength, and spark meaningful change.



Stand Up for Parkinson's is happening next Wednesday April 8th, this is a special night of laughter hosted by comedian Harriet Rosenbaum, with part of the evening's proceeds supporting U-Turn Parkinson's programs.

Headlining the evening is Josh Adam Meyers, a high-energy comedian and musician known for his raspy voice, electric stage presence, and unpredictable crowd interactions. Josh has toured with Bill Burr, appeared on Netflix's Friends Who Kill, and performed at major festivals like Just For Laughs and Bonnaroo. Learn more about him [here](#).

Event details:



Wednesday, April 8



Rumor's Comedy Club at 2025 Corydon Ave.



Club doors open at 6:30 pm



Featuring a 50/50 and silent auction, cash only



Tickets are 20 dollars each and must be paid in advance by e-transfer at harriet.7@hotmail.com. You may also contact Harriet at the same email to coordinate your purchase.

Thank you to Harriet for leading this effort and supporting people living with Parkinson's.



10/10/10 Grand Camino: Fuel Tim & Sheryl's Journey!

This April 17, Sheryl and Tim will take on an incredible journey, walking 10 km a day for 10 days, culminating with the final 100 km of the Camino de Santiago.

Every step they take is more than a journey, it's a message of hope. U-Turn Parkinson's exists to help people living with the disease enjoy full, active lives through in-person and online fitness programs.

Every donation helps provide free programs and services that give people living with Parkinson's the chance to stay active, connected, and empowered.



We Walk Together, We Grow Together 🌱

Every step matters. Every laugh, every cheer, every step brings our community closer, and supports people living with Parkinson's to stay active, connected, and empowered.

Join the Walk to U-Turn Parkinson's with your friends, family, and coworkers. Together, we raise awareness, fund free programs, and show that no one needs to face Parkinson's alone.



Date: May 30, 2026



Time: 10am-12:30pm



Location: Canadian Mennonite University, 500 Shaftesbury Blvd

Sign up, create a team, or donate today and join us. Every step makes a difference.

Programming Updates

Hello U-TurnPD Community,

April at U-Turn Parkinson's

Spring is just around the corner... surely, any day now! It's a great time to refocus on your health and continue building consistency in your routine. At U-Turn Parkinson's, spring often brings a new sense of commitment and determination to our community. If you've been thinking about joining us, now is the perfect time.

[Get started today.](#)

New This April: Online Tai Chi

Online Tai Chi will begin on April 7 at 12:00 PM CST, replacing Online Boxing. Tai Chi is a gentle, flowing form of movement that supports balance, mobility, and relaxation. It's a great complement to your current routine and accessible for all levels.

We have also added classes to our West Side schedule at the Hockey For All Centre. Find us there on Wednesday and Saturday afternoons for Empower-U (Green/Yellow) and Empower-U (Orange/Red).

Introducing PushPress

As you may know, U-Turn Parkinson's has transitioned to a new registration and scheduling system called PushPress.

PushPress provides a more streamlined and user-friendly experience for registering for classes, managing your schedule, and staying connected with programming. This change also allows our team to better support communication and continue improving your overall experience.

If you haven't yet transitioned over, or have a question about the new system, reach out at 204-510-4869 or info@uturnpd.org. Our team will be available to support you every step of the way to ensure a smooth transition.

Parkinson's and Anxiety

Anxiety is a common and often overlooked part of Parkinson's. It can show up as restlessness, racing thoughts, difficulty concentrating, or a general sense of unease, sometimes even before physical symptoms change.

There is a biological component to this. Changes in dopamine and other brain chemicals involved in Parkinson's can directly affect mood and anxiety levels, meaning these feelings are not just "in your head," but part of the condition itself.

The good news is that there are ways to manage it. Regular exercise remains one of the most effective tools, helping to regulate mood and reduce stress. Structured routines, like attending classes at consistent times, can also create a sense of stability and control.

Simple strategies such as focusing on your breath, taking things one step at a time, and staying socially connected can make a meaningful difference. Most importantly, it is okay to talk about it. You are not alone in this experience, and support is always available within our community.

If you need additional support, please don't hesitate to pull a staff member aside or give us a call at 204-510-4869. We're here to help!

Looking Ahead

April is Parkinson's Awareness Month, and we look forward to continuing to raise awareness, build community, and highlight the strength of those living with Parkinson's.

The Parkinson's Awareness Game and The Walk to U-Turn Parkinson's are coming up quickly and offer great opportunities to connect with the wider community. Learn more at our website www.UTurnParkinsons.org.

Happy Spring!

Jordana Donnelly

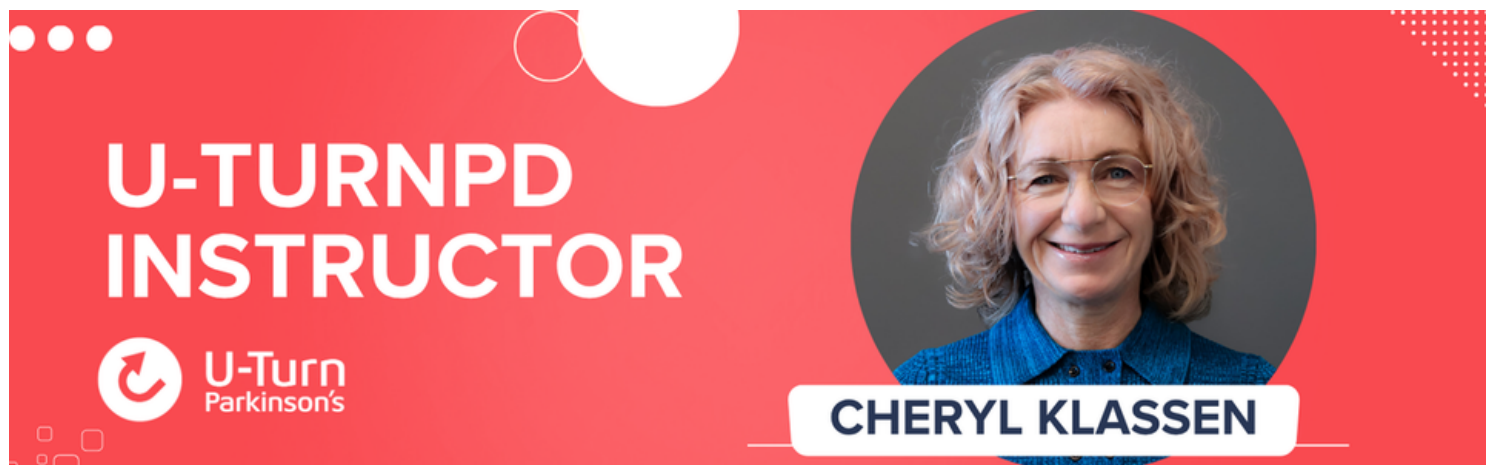
Program Manager | U-Turn Parkinson's

204-510-4869 ex. 2

jordana@uturnpd.org

Community Spotlight

Get to know your U-TurnPD community.



A red banner graphic with white and blue text and a circular portrait. On the left, the text "U-TURNPD INSTRUCTOR" is in large white capital letters. Below it is the U-Turn Parkinson's logo, which consists of a white circle with a red arrow and the text "U-Turn Parkinson's". On the right, there is a circular portrait of Cheryl Klassen, a woman with short, wavy, light-colored hair, wearing glasses and a blue patterned top. Below the portrait, the name "CHERYL KLASSEN" is written in white capital letters on a dark blue rectangular background.

**U-TURNPD
INSTRUCTOR**

 **U-Turn
Parkinson's**

CHERYL KLASSEN

1- Why did you join our community and what interested you most about the position?

I heard about the organization U-Turn through a friend who attends. I felt this was an opportunity to research and learn more about Parkinson's. One of my greatest passions is to encourage an active, healthy lifestyle. Personally, exercise is key to my mental and physical health. If I can help one person have a better day or reprieve from their symptoms, this is enough for me.

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

I have a Recreation/Physical Education degree from the University of Manitoba. When not staying home raising our three children, I have always worked in the fitness field.

My last job was working in a High School, supervising a Fitness Facility for grades 9-12. The Province of MB had mandated Grades 11 & 12 log actual hours working out to fulfill physical education requirements. It was a challenge and privilege to design and implement this program.

For the past decade, I have been focusing on strength training for myself and am most excited to bring my exercise knowledge specifically to individuals living with Parkinson's.

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

This community is so very welcoming and kind! I'm honoured to be a part of it and seriously inspired by every class. These are resilient individuals making up a strong, cohesive community.

4- Share 3-5 fun facts about you!

- My husband and I are Opa and Oma to 6 grandsons, ranging in ages from 5-10. Yes, all boys! To say our family dinners are lively and active is an understatement.
- I am an unreasonably slow eater and need to eat a lot of food every day, so the struggle is real.
- I looove driving fast cars!! No offence of U-Turn, but my dream job would be to test drive foreign vehicles on winding European roads. All other vehicles removed for safety, of course 😊.
- I love harvesting fresh fruit and making jam! Strawberry, raspberry and apricot jam is an annual tradition.

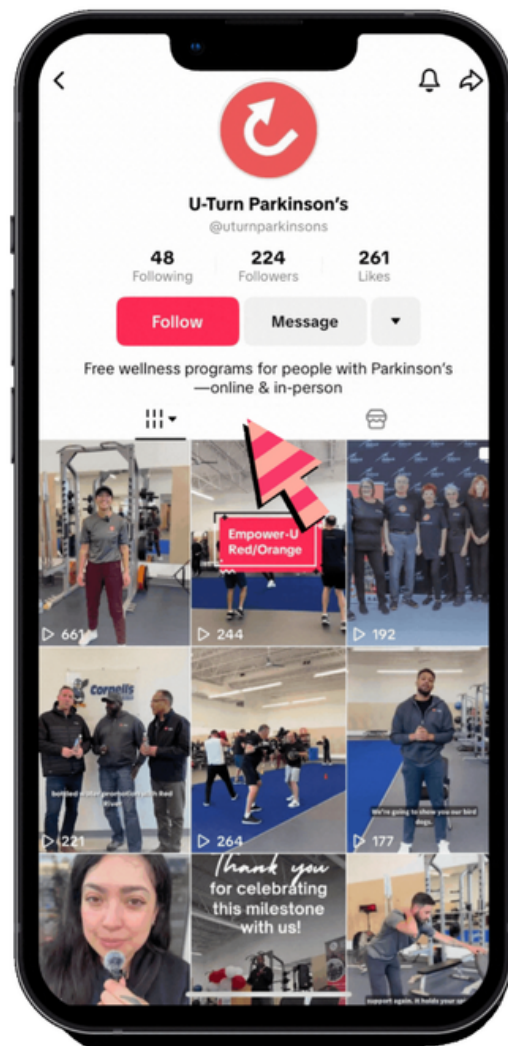
We're on Tik Tok!

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
Sponsorship & Grants Provided by:

**THE
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For Good. Forever.

 **CONSEIL DES
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Visit Our Website

www.uturnparkinsons.org

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