



2025 SPRING SCHEDULE

For information please contact:

Sarah Rody – sarah@livingbetterwithparkinsons.ca
(705) 607-6933

Central Park Arena, 85 Paterson Street, Collingwood
Wasaga Stars Arena, 544 River Road West, Wasaga Beach

www.livingbetterwithparkinsons.ca

PROGRAMS - COLLINGWOOD

Dancing with Parkinson's - Instructor, Louise
Fee: \$60.00 - 8 weeks; Central Park Arena, Collingwood
Start date: Tuesday, March 25th and Thursday, March 27th
End date: Tuesday, May 13th and Thursday, May 15th
Time: 9:00 – 10:30 a.m.

Chair Yoga - with Catherine
Fee: \$40 - 8 weeks; Central Park Arena, Collingwood
Start date: Thursday, April 3rd
End date: Thursday, May 22nd
Time: 11:30 a.m. – 12:15 p.m.

Wheel of Fitness - with Sandy
Fee: \$40 - 8 weeks
Central Park Arena, Collingwood
Start date: Monday, March 24th
End date: Monday, May 12th
Time: 1:00 – 2:00 p.m.

WOF Class Better Balance - with Sandy
Fee: \$60 - 7 weeks
Central Park Arena, Collingwood
Start date: Thursday, March 27th
End date: Thursday, May 8th
Time: 10:30 – 11:30 a.m.

Chair Tai Chi - with Bernard
Fee: \$40 – 8 weeks
Central Park Arena, Collingwood
Start date: Tuesday, April 8th and Thursday, April 10th
End date: Tuesday, May 27th and Thursday, May 29th
Time: 10:30 – 11:30 a.m.

PWR Moves - with Helen
Central Park Arena, Collingwood
Monday and Wednesday's, Time: 11:00 – 12 Noon

April 5 weeks - Fee: \$50
March 31st, April 2nd, 7th, 9th, 14th, 16th, 21st, 23rd, 28th
and 30th

June 5 weeks - Fee: \$50
May 26th & 28th, June 2nd, 4th, 9th, 11th, 16th, 18th,
23rd, 25th

PROGRAMS - WASAGA BEACH

WOF - Walking Club
Fee: \$20 - 8 weeks; Wasaga Stars Arena
Start date: Monday, March 24th
End date: Monday, May 12th
Time: 9:15 – 10:15 a.m.

WOF Class
Fee: \$65 - 8 weeks; Wasaga Stars Arena
Start date: Monday, March 24th
End date: Monday, May 12th
Time: 10:30 – 11:30 a.m.

WOF Class Better Balance - with Sandy
Fee: \$50 - 5 weeks; Wasaga Stars Arena
Start date: Thursday, April 10th
End date: Thursday, May 8th
Time: 1:00 p.m. – 2:00 p.m.

Please note:
Minimum number of participants for all programs is 4
Maximum number for all programs is 12

All program fees can be e-transferred to
info@livingbetterwithparkinsons.ca . Thank you.

Log onto to www.livingbetterwithparkinsons.ca
for regular updates.

Save the Dates 2025!

Celebrating World Parkinson's Month
Sunday, March 30th, 1:00 - 4:00 p.m.
L. E. Shore Library, Thornbury

World Parkinson's Day Celebration
Friday, April 11th, 11:00 a.m. - 2:00 p.m.
Meaford Green Care Farms, 137292 Grey Road 12
r.s.v.p. to sarah@livingbetterwithparkinsons.ca

South Georgian Bay Parkinson's Festival
Sunday, June 22nd, 10:00 a.m. - 1:30 p.m.
Beaver Valley Community Centre, Thornbury

WSC Parkinson's Charity Golf Tournament
Friday, September 19th
Duntroon Highlands Golf