

Living Better with Parkinson's

2026 Program Schedule
Meet the Instructors
Program Description

www.livingbetterwithparkinsons.ca

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2026 Spring Program Line-Up

- 1) Therapeutic Chair Yoga with Catherine
- 2) Sitting or Standing Tai Chi with Bernard
- 3) Dancing with Parkinson's with Louise
- 4) PWR Moves with Helen
- 5) Wheel of Fitness (WOF) / Better Balance with Sandy
 - * Central Park Arena, Collingwood
 - * Star's Arena, Wasaga Beach



Therapeutic Chair Yoga

with Catherine



"I have been teaching yoga for 25+ years and teach a "therapeutic" style which is about functional movement focusing on the large joints (hips and shoulders) and this translates down to the smaller joints.

We look at the body to see – what is moving that should not be, what isn't moving that should be, and what is moving that should be.

Every "body" is different and I encourage approaching movements with curiosity and stopping when approaching discomfort (the yellow light).
"Listen to your body"!

Some weeks we use a chair or a wall and sometimes other props like a block, a blanket or a belt/scarf. Each week has a certain focus including balance and breath awareness are part of every class.

Be well and keep moving!



Sitting or Standing Tai Chi with Bernard



Benefits of Tai Chi:

- ***Balance***
- ***Flexibility***
- ***Helps maintain strength***
- ***Perfect activity for the rest of your life***

Tai chi is often described as "meditation in motion," but it might well be called "*medication* in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations.

Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched.

Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.

Dancing with Parkinson's with Louise

[Dancing With Parkinsons: Dance Classes Parkinson's Disease ON.
Canada](#)



Louise began her dance journey at age 5 and has trained in many dance styles. A certified Dance It Out instructor and Personal Trainer, Louise has also completed the Dance for Parkinson's Training and is a certified TIME (Together in Movement and Exercise) instructor for Parkinson's.

Currently Louise is teaching classes for Dancing with Parkinson's, Living Better with Parkinson's and at many nursing homes in Georgian Bay. She was the 2019 recipient of the Corporation of the Municipality of Meaford's Accessibility Recognition Award for "creating an inclusive environment and providing exceptional customer service."

Dancing with Parkinson's (DWP) aims to bring seniors with Parkinson's Disease out of isolation and into an artistic community where they can dance and connect with others.

DWP provides a fun, safe environment where those with PD can celebrate the artistry and potential of their own movement.

Let your body move with the music, feel the energy from the music allowing your muscles to flow naturally.

PWR Moves with Helen



This whole body, function-focused exercise class will push you to do more than you think you can in a fun, empowering and enriched environment.

Our PWR!Moves fitness class is a 1-hour 2 times per week program and is currently run out of the 2nd Floor Party Room of the Central Arena.

PWR!Moves has been designed and founded by Dr. Becky Farley and is a Parkinson-specific exercise class that "makes function exercise" to keep you moving and doing more of what you want to do! As you practice, you will be challenged physically and cognitively while working on fitness goals: strength, balance, agility, aerobics and flexibility.

Exercises are designed to improve your fitness, counteract your PD symptoms and increase your daily activity. This whole body, function-focused exercise class will push you to do more than you think you can in a fun, empowering and enriched environment.!

Criteria for Acceptance:

- Less than 2 falls in the past 6 months
- No dizziness when transitioning from lying down to standing or sitting
- — Can get up and down off the floor without using a chair or an aiding person

Walking Club with Sandy



A little bit about Sandra

Sandra Sheffield-Young for the last 25 years has been the Creator & CEO of STEPS – Specialized Training Exercise & Participation Services. She is a Registered Kinesiologist who holds an Honors Bachelor of Physical Education and a Bachelor of Arts in Gerontology (Summa Cum Laude). She has worked as an Older Adult Fitness Specialist Pro-Trainer, Certified Personal Trainer and Certified Fitness Instructor.

The STEPS Clinic/ Research Studio was open for 25 years in Burlington, ON Sandra is also the Author and Creator of many national exercise leadership training programs for Volunteers, PSW's, Recreation Therapists and interested participants.

Since moving to Wasaga Beach in 2022 with her husband and youngest of their 4 sons, Sandra has been working on the NEXT STEPS for her business and enjoying meeting new people while focusing on the exercise and wellness needs that would best suit her new community.

Wheel of Fitness (WOF) with Sandy



Wheel of Fitness

The Wheel of Fitness class is a tried and true, well-rounded exercise program geared to your individual needs and abilities and focused on helping you to stay fit and active in your daily life. As a participant, you will receive and learn how to use your own wheel to create your own exercise routines outside of the classroom. The routine encompasses the 5 components of fitness:

- Function
- Cardiovascular
- Strength
- Flexibility
- Balance



The class will include using, resistance training equipment and other apparatus and can be participated in either sitting or standing positions.

Wheel of Fitness (WOF) / Better Balance with Sandy



This class incorporates all the hubs of the wheel exercises. Using weights and walking with poles will aid and provide better support to improve both balance and posture.

Contact for facility room bookings/issues:

Sarah Rody-Spencer
Administrative & Communications Coordinator
sarah@livingbetterwithparkinsons.ca
705-607-6933

Fitness Site Locations:

- Central Park Arena, Collingwood, ON
- Star's Arena, Wasaga Beach, ON