



# ROLL WITH THE PUNCHES

## MAINTAIN YOUR STRENGTH

*Participating in various adapted programming classes geared to people dealing with Parkinson's, allows me to maintain my strength and stability. The tremendous professional staff, alongside the volunteers, motivate me to keep moving forward.*

- Jerrold Aspler

# MAURICE POLLACK FOUNDATION CENTRE FOR ADAPTED PROGRAMS

Everyone needs a helping hand when recovering from surgery or adjusting to life with a long-term condition. The Adapted Exercise Clinic is more than a rehab facility - it is a place where people with similar challenges exercise together, laugh together and share ideas. "There is a place for everyone at the Cummings Centre," says Maria Fragapane, Program Manager.

For over 15 years the Adapted Program participants have continued to train and improve whether from a stroke, progressive neuromuscular disorders (Parkinson's disease, MS) or other health challenges. Successful rehabilitation comes from exercising body and mind and the Cummings Centre provides so many opportunities to do just that.

Unique offerings such as adapted boxing and sailing complement a full roster of innovative programming. Lecture series highlight relevant and timely topics and provide opportunities for exchange and outreach with the greater community. Volunteers complete the team. "We could not function without the invaluable collaboration of our volunteers," says Stefani Novick, Program Manager. "They create a unique link of seniors helping seniors."

ADP 320 / ADP 420

## ART CLASSES

(Parkinson's, MS, Post Stroke/Rehab)

Explore various art media such as paint, pastel and mixed media to encourage creative expression as part of the recovery process. Materials included.

**Thursday May 4 to June 29**  
10 am - 12 pm • 8 sessions • \$115  
Caroline Steele, BFA

**Thursday July 6 to August 24**  
10 am - 12 pm • 8 sessions • \$115  
Caroline Steele, BFA

**Sponsored by the Fels Family**

## ADAPTED FITNESS CLASSES

CONTACT  
**STEFANI NOVICK**  
 514.342.1234  
 LOCAL 7201

### CUMMINGS BOXING

Focus on coordination and balance in this high energy class. Training includes integration of upper and lower body as well as lateral movements. Breathing technique and proprioceptive exercises are also highlighted.

**Monday April 24 to August 28**  
 10:30 am - 12 pm • 18 sessions • \$270  
 Lucia Larcinese

Centre Claude Robillard  
 (Transportation from Cummings Centre provided)

**Friday April 28 to Sept. 1**  
 10:30 am - 12 pm • 19 sessions • \$285  
 Lucia Larcinese  
 Cummings Centre, 5700 Westbury Ave.

**Monday and Friday April 24 to Sept. 1**  
 10:30 am - 12 pm • 32 sessions • \$525  
 Lucia Larcinese

ADP 303

### BROADWAY

**(Dystonia, Parkinson's, Ataxia and other movement disorders)**

Improve voice projection and flexibility in this innovative program that features both music and movement. Focus on vocal, breathing swallowing and percussive exercise to improve balance, coordination and proprioception in this highly social setting.

**Wednesday May 3 to Aug. 30**  
 2 - 4 pm • 15 sessions • \$195  
 Victoria McNeill, MTA  
 Katy Harris-McLeod

WEL 381

### MEDITATION FOR BRAIN HEALTH

Learn strategies for deep relaxation and stress management using the Shambhala method of meditation.

**Tuesday April 25 to June 27**  
 11 am - 12:30 pm  
 10 sessions • \$180

Francesca Dalio,  
 Shambhala Meditation Instructor

ADP 300

### SING ME YOUR STORY

**(Post-Stroke, Aphasia)**

Personal expression is encouraged in this class which includes music and vocal components. Targets issues of sequencing and short-term memory.

**Monday April 24 to August 28**  
 3 - 4 pm • 16 sessions • \$250  
 Victoria McNeill, MTA

ADP 3050

### SUPPORTED CONVERSATION AND SOCIAL PROGRAM FOR APHASIA

Regain the confidence to interact with others. This highly social program includes a variety of activities that encourage conversation and social communication. Bilingual.

**Tuesday April 25 to August 29**  
 12:30 - 2 pm • 15 sessions • \$265  
 Victoria McNeill, MTA

ADP 304

### TAI CHI

Develop strength, balance and coordination. Improve mental focus and agility. Movements flow with grace and fluidity.

**Thursday April 27 to June 29**  
 10 - 11 am • 9 sessions • \$165  
 Andrew Dearlove,  
 Master Tai Chi Instructor

## SUPPORT GROUPS

ADP 264

### CAREGIVER'S SUPPORT GROUP

Explore issues seminal to those caring for a loved one with a chronic or long-term illness. Open to men and women.

**Wednesday April 26 to June 14**  
 12:30 - 2:30 pm • 7 sessions • \$80  
 Corrie Sirota, MSW, PSW

ADP 385-01 / ADP 385-02 / ADP 385-03 / ADP 385-04

### INDIVIDUALS WITH PARKINSON'S DISEASE SUPPORT GROUPS

A monthly support group offered in partnership with Parkinson's Canada. Relaxed and welcoming environment. Led by Corrie Sirota, MSW, PSW

**THERE IS NO CHARGE FOR THIS PROGRAM.**

**SECTION A - Cummings Centre**  
**April 25, May 23, June 20, July 25, Aug. 22**  
 10:30 am - 12 pm • 4 sessions

**SECTION B - St. Leonard**  
**April 18, May 23, June 20, July 25, Aug. 22**  
 2 - 3:30 pm

**SECTION C - Laval**  
**April 18, May 16, June 13, July 24, Aug. 15**  
 10:30 am - 12 pm  
**Jewish Rehab Hospital,**  
**3205 Place Alton Goldbloom**

**SECTION D - Cummings West, DDO**  
**April 25, May 16, June 13, July 24, Aug. 15**  
 2 - 3:30 pm

WSG 300

### WIDOWS' AND WIDOWERS' SUPPORT GROUP

You are not alone. A group for widows and widowers navigating the grief process.

**Wednesday April 26 to June 14**  
 3 - 4:30 pm • 7 sessions • \$80  
 Corrie Sirota, MSW, PSW  
 Andrew Dearlove,  
 Master Tai Chi Instructor

# ADAPTED EXERCISE CLINIC

CONTACT  
MARIA FRAGAPANE  
514.342.1234  
LOCAL 7246

## ADAPTED EXERCISE CLINIC

Our expanded Adapted Exercise Clinic features a cardiovascular conditioning facility and a specialized training room. In order to participate in these classes, all participants must be able to stand and walk on their own (assistive devices permitted) and comprehend verbal and visual instructions.

ADPF 3046

### MOVING TO MUSIC FOR MOBILITY

Dancing improves a variety of physical functions such as coordination, agility, flexibility, balance and spatial awareness. Under the supervision of a qualified dance expert, learn basic dance steps to various forms of dance. Enjoy the feeling of moving freely to music while boosting self-confidence and self-esteem.

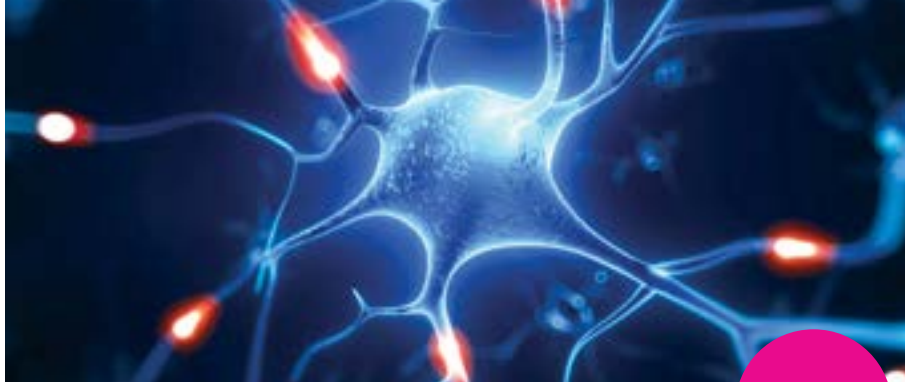
**Friday, April 28 to July 7**  
1 - 2 pm • 11 sessions • \$60  
Maryse Loiselle

WEL 3045

### AIKI-FORM

Practice relaxed, centered, defensive movements with a partner. Standing or sitting, the idea is to get out of the way of an attack, making power with body movement and breathing. The key elements of Aiki-form are breathing, balance, intention and harmony of movement.

**Friday, April 28 to July 7**  
10 - 11 am • 11 sessions • No charge  
Réjean Larouche



BILINGUAL  
EVENT

LCT 368 / LCT 368-01 / LCT 368-02 **NEW!**

## PARKINSON'S MEDICATION & YOU

IN PARTNERSHIP WITH PARKINSON CANADA

Learn which, when, how and why medications are started adjusted, combined and discontinued in the treatment of Parkinson's. Discover how the drugs work, about dosing, interactions and which side effects to watch for. Afternoon lecture will address absorption and exercise. A panel of members and participants will speak on personal experiences and factors regarding medications. Q&A after each component.

### Featuring:

- **Tejal Patel, BSc Pharm, PharmD, Assistant Clinical Professor, School of Pharmacy, University of Waterloo**
- **Paola Campana, PT, Assistant Head of Physiotherapy IUGM**
- **Dr. Gwen Spurril, (retired, MUHC) Hematologist, Peter Schoeler, P.Eng, Michel Richard**

**Wednesday April 26** • 10:30 am - 3 pm  
\$35 individual / \$60 individual and caregiver / \$40 professional  
Includes: Boxed lunch, Exhibitor booths  
Gelber Conference Centre • Registration in advance essential  
For more information or to register call 514.342.1234 local 7201 or register online at [www.parkinson.ca/qc426](http://www.parkinson.ca/qc426)



## DRUM, DANCE & SING FOR PARKINSON'S DISEASE

Combines rhythmical drumming and movement, postural exercises and singing to improve voice projection.

## MULTIPLE SCLEROSIS EXERCISE CLASS

Focus on improving fitness and function by incorporating cardiovascular training with core strengthening and overall body conditioning.

## ORTHOPEDIC EXERCISE CLASS

Designed for the frailer senior who wants a total body workout in a small, supervised class setting.

## PARKINSON'S DISEASE EXERCISE CLASS

Designed to improve the quality of life of individuals with Parkinson's disease. Combines cardiovascular training with boxing, balance and task specific exercises.

## POST STROKE EXERCISE CLASS

A post-rehab class to provide a functional type of workout focused on retraining the weakened side of the body.

# ADAPTED FITNESS CLASSES

CONTACT  
**MARIA FRAGAPANE**  
 514.342.1234  
 LOCAL 7246

## FITNESS SESSION DATES

Spring/Summer 2017 -  
 April 24 to Sept. 1 • 19 weeks



| COURSE                 | DAY     | TIME                    | FEE   |
|------------------------|---------|-------------------------|-------|
| DRUM, DANCE & SING     | Friday  | 12 - 1 p.m.             | \$95  |
| MULTIPLE SCLEROSIS     | Tue/Thu | 10:15 - 11:15 a.m.      | \$240 |
| ORTHOPEDIC <b>A</b>    | Mon/Wed | 10:15 - 11:15 a.m.      | \$222 |
| ORTHOPEDIC <b>B</b>    | Mon/Wed | 1:30 - 2:30 p.m.        | \$222 |
| ORTHOPEDIC <b>C</b>    | Mon/Wed | 10:15 - 11:15 a.m.      | \$222 |
| ORTHOPEDIC <b>D</b>    | Tue/Thu | 9 - 10 a.m.             | \$240 |
| PARKINSON'S <b>A</b>   | Mon/Wed | 12:25 - 1:25 p.m.       | \$222 |
| PARKINSON'S <b>B</b>   | Tue/Thu | 12:25 - 1:25 p.m.       | \$240 |
| PARKINSON'S <b>C</b>   | Tue/Thu | 10:15 - 11:15 a.m.      | \$240 |
| PARKINSON'S <b>D</b>   | Mon/Wed | 12:25 - 1:25 p.m.       | \$222 |
| PARKINSON'S <b>E</b>   | Tue/Thu | 1:30 - 2:30 p.m.        | \$234 |
| PARKINSON'S <b>F</b>   | Tue/Thu | 4 - 5 p.m.              | \$234 |
| PARKINSON'S <b>G</b>   | Mon/Wed | 1:30 - 2:30 p.m.        | \$222 |
| PARKINSON'S <b>H</b>   | Mon/Wed | 4 - 5 p.m.              | \$222 |
| PARKINSON'S <b>I</b>   | Tue/Thu | 4 - 5 p.m.              | \$234 |
| POST - STROKE <b>A</b> | Mon/Wed | 11:20 a.m. - 12:20 p.m. | \$222 |
| POST - STROKE <b>B</b> | Mon/Wed | 2:45 - 3:45 p.m.        | \$222 |
| POST - STROKE <b>C</b> | Tue/Thu | 11:20 a.m. - 12:20 p.m. | \$240 |
| POST - STROKE <b>D</b> | Tue/Thu | 1:30 - 2:30 p.m.        | \$234 |
| POST - STROKE <b>E</b> | Tue/Thu | 2:45 - 3:45 p.m.        | \$234 |
| POST - STROKE <b>F</b> | Mon/Wed | 11:20 a.m. - 12:20 p.m. | \$222 |
| POST - STROKE <b>G</b> | Tue/Thu | 12:25 - 1:25 p.m.       | \$240 |
| POST - STROKE <b>H</b> | Tue/Thu | 11:20 a.m. - 12:20 p.m. | \$240 |
| POST - STROKE <b>I</b> | Mon/Wed | 2:45 - 3:45 p.m.        | \$222 |
| POST - STROKE <b>J</b> | Mon/Wed | 9 - 10 a.m.             | \$222 |



**NEW!**

## IN-HOME EXERCISE TRAINING, WE COME TO YOU!

Inactivity and muscle loss can rob one of independence and life's little pleasures. Our team of trainers, specialized in senior fitness, will bring their expertise to your home and help you build functional strength, mobility, endurance and confidence.

For information and rates call 514.342.1234 local 7326