

Parkinson Montreal-Laval - 2026 Fall Schedule

(from September 14 2026 to December 18 2026 for most activities - excluding a break for the week of October 12)

Monday	Tuesday	Wednesday	Thursday	Friday	
Nordic Walking Laval 1 pm to 2 pm Bernard-Landry Park Laval (Outdoors)	Stretching 10 am to 10:30 am with Sarah Online	Dance Therapy 10:45 am to noon with Christine Parc Ahuntsic Chalet Montreal	Adapted boxing Mtl 1 9:30 am to 10:30 am Montreal East Boxing Club Montreal	Stretching 9 am to 9:30 am with Sarah Online	 New activities offered by our partners: Voice Muscle Training* (online, FREE!) Music of the Body* (Ahuntsic Park, FREE!) (from Sept. 16 to Oct. 7) Ping-Pong Parkinson* (fees possible): pingpongpem@gmail.com
Singing and voice 2 pm to 3 pm with Charlotte Online **dates vary**	Neuro-Equilibrium 1 pm to 2 pm Parc Ahuntsic Chalet Montréal	Adapted boxing Laval 1 1:15 pm to 2:15 pm 2B Extrême Évolution Laval	Adapted boxing Mtl 2 10:45 am to 11:45 am Montreal East Boxing Club Montreal	Nordic Walking Jarry Park* 1 pm to 2 pm Chalet Jean-Paul II (7920 St-Laurent Blvd.) Montréal (Outdoors)	
Dance and Movement 3 pm to 4 pm with Joanabbey Belgo Building Montreal		Adapted boxing Laval 2 2:30 pm to 3:30 pm 2B Extrême Évolution Laval	Dance and Movement 11 am to noon with Amanda NDG Sports Center, Montreal	Chair Exercices 1:30 pm to 2:30 pm with Lucie offered simultaneously by Zoom & St-Louis-de-Montfort Center Laval	
All classes are offered by Parkinson Montreal-Laval, in collaboration with NeuroMotrix, Parkinson en Mouvement, Yoga Tout Laval and Vocavie. Our classes are offered to all people living with Parkinson's and their care partners. You may register by visiting the Activities calendar section of our website. Certain fees apply.			Dance and Movement 5 pm to 6 pm with Joanabbey Online	Vocal Exploration 4:00 pm to 5:00 pm with Ingrid and Louise Belgo Building (1st and 7th class) and online (classes 2 to 6) (7 classes - from September 18 to November 6)	
Monthly support meetings (available in French only): Self-help group for people living with Parkinson's and their care partners, online, with Claire 2nd Tuesday of each month, from 6:30 pm to 7:30 pm (free, but prior registration is mandatory) Support group for Care partners of people living with Parkinson's, Online, with Christianne 3rd Wednesday of each month, from 9:30 am to 11:00 am (free, but prior registration is mandatory) Self-help group for people living with Parkinson's, online, with Grier and Laura The last Wednesday of each month, from 6:30 pm to 7:45 pm (free, but prior registration is mandatory)				* New activities this Fall 2026 session ! To register : https://parkinsonmontreallaval.ca/evenements/ Watch your emails or contact us! For more information : servicespml@parkinsonquebec.ca 514-868-0597	

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Address of each class

Online via Zoom

A Zoom link will be sent by the instructor via email before the first class.

Bernard-Landry Park

The entrance is situated at 5 avenue du Crochet, Laval.

Belgo Building

Studio 124, 372 rue Ste-Catherine Ouest, Montréal (elevator available on site).

St-Louis-Montfort Community Center

62 rue St-Florent, Laval (wheelchair access available).

Notre-Dame-de-Grâce Sports Center

Multi-fonctional studio, 2nd Floor, at 6445 boul. Monkland, NDG Montreal (wheelchair accessible).

Ahuntsic Park main building

10555 rue Lajeunesse, Montréal (wheelchair access available).

2B Extrême Évolution

4463 Desserte Nord de l'Autoroute 440, Laval (wheelchair accessible).

Montreal East Boxing Club

Room 1300, at 2350 rue Dickson, Montréal (Wheelchair accessible, Enter at Door E).

Parc Jarry

Chalet Jean Paul II : 7920, boulevard Saint-Laurent, Montréal (North-east of the park)



560 rue Ontario Est
Montréal QC H2L 0B6

To register :

<https://parkinsonmontreallaval.ca/evenements/>

For more information :

servicespml@parkinsonquebec.ca
514-868-0597

All activities take place, rain or shine ! Have a great session !

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MONDAY

NORDIC WALKING
1:00PM - 2:00PM
at the
Bernard-Landry Park
Building
Laval

SINGING AND VOICE
2:00PM - 3:00PM
with Charlotte
online

DANCE MOVEMENT
3:00PM - 4:00PM
with Joanabbey at the
Belgo Center
Montreal

The semester begins on
September 14 and ends
on December 18, 2026.

Break the week of
Octobre 12.

FALL 2026

Montreal

Laval

online

TUESDAY

STRETCHING
10:00AM - 10:30AM
with Sarah
online

NEURO-EQUILIBRIUM
1:00PM - 2:00PM
at the Ahuntsic Park
Building
Montreal



560 rue Ontario Street East
Montreal QC H2L 0B6

Telephone : 514-868-0597
Email: servicespml@parkinsonquebec.ca

Web: www.parkinsonmontreallaval.ca

Our activities are offered to anyone living with
Parkinson's and their caregivers. Please register to
participate in the activities by visiting the activity
calendar section of our website. Some fees apply.

WEDNESDAY

DANCE THERAPY
10:45AM - 12:00PM
with Christine at the
Ahuntsic Park Building
Montreal

ADAPTED BOXING 1
1:15PM - 2:15PM
at
2B Extrême Évolution
Laval

ADAPTED BOXING 2
2:30PM - 3:30PM
at
2B Extrême Évolution
Laval

THURSDAY

ADAPTED BOXING 1
9:30AM - 10:30AM
at the
Club de boxe de l'Est
Montreal

ADAPTED BOXING 2
10:45AM - 11:45AM
at the
Club de boxe de l'Est
Montreal

DANCE MOVEMENT
11:00AM - 12:00PM
with Amanda at the
Centre Sportif Notre-
Dame-de-Grâce
Montreal

DANCE MOVEMENT
5:00PM - 6:00PM
with Joanabbey
online

FRIDAY

STRETCHING
9:00AM - 9:30AM
with Sarah
online

NORDIC WALKING
1:00PM - 2:00PM
at Chalet Jean Paul II
- Jarry Park (7920
Boul. Saint-Laurent)
Montreal

CHAIR EXERCISES
1:30PM - 2:30PM
with Lucie
online and at the St-
Louis-de-Montfort
Center, Laval

VOCAL EXPLORATION
4:00PM - 5:00PM
with Louise and Ingrid
at the Belgo Center (1st
and 7th courses) and
online (sessions 2
through 6)
7 courses from
September 18th to
November 6th

Discover What's New!
New activities offered by our
partners are waiting for you
this fall. Watch your email for
updates or contact us.

**VOICE MUSCLE
TRAINING (FREE)**
online
with Vocavie

**MUSIC OF THE BODY
(FREE)**
1:00PM - 2:00PM
with Imagerie
diagnostique
at Ahuntsic Park
Montreal
4 courses
September 16, 23, 30
and October 7

**PING-PONG PARKINSON
(FEES MAY APPLY)**
Infos and Registration :
pingpongpem@gmail.com

Santé
et Services sociaux
Québec
Programme Québec ami des aînés

Find the support group schedules in the Support section on the website.

Activities offered by Parkinson Montreal-Laval (PML),
in collaboration with NeuroMatrix, Parkinson en Mouvement (PEM), Vocavie and Yoga Tout Laval.