



January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 PAC 1:00-3:30 pm	3 Exercise Class/Video 9:00 am Rock Steady Boxing* PD Partners Zoom—1:00 pm Men with PD Zoom—2:30 pm Golfing	4 Weekly Get Together 9:00 am Readers Theater 2:30 pm Loud Crowd 3:30 pm	5 Exercise Class/Video 9:00 am Rock Steady Boxing* Lecture 2:00 pm	6 Pole Walking 9:30 am
7	8 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. PAC 1:00-3:30 pm	9 Meet & Greet 9:00 am PAC 1:00-3:30 pm	10 Exercise Class/Video 9:00 am Women with PD Zoom—10:30 am Rock Steady Boxing* Book Club Zoom—2:30 pm Golfing	11 Weekly Get Together 9:00 am Readers Theater 2:30 pm Loud Crowd 3:30 pm	12 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm	13 Pole Walking 9:30 am
14	15  Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. PAC 1:00-3:30 pm	16 PAC 1:00-3:30 pm SACK Class 1:15 pm	17 Exercise Class/Video 9:00 am Rock Steady Boxing* Women with PD Men with PD PD Partners FID—1:15 pm Golfing	18 Weekly Get Together 9:00 am Readers Theater 2:30 pm Loud Crowd 3:30 pm	19 Exercise Class/Video 9:00 am Board Meeting 10:30 am Rock Steady Boxing* PAC 1:00-3:30 pm BINGO 1:30 pm	20 Pole Walking 9:30 am
21	22 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. PAC 1:00-3:30 pm	23 PAC 1:00-3:30 pm Lunch Bunch 1:30 pm	24 Exercise Class/Video 9:00 am Rock Steady Boxing* Women with PD Zoom—3:00 pm Golfing	25 Weekly Get Together 9:00 am PAC 1:00-3:30 pm	26 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm	27 Pole Walking 9:30 am
28	29 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. PAC 1:00-3:30 pm	30 PAC 1:00-3:30 pm	31 Exercise Class/Video 9:00 am Rock Steady Boxing* Golfing	