

Parkinson's Support Group of Green Valley Sponsored Activities



Book Club

- Second Wednesday—2:30 pm (Zoom)

Chair Exercise Class



- Monday, Wednesday, Friday—9 am
- Valley Presbyterian Church (2800 S Camino Del Sol, Green Valley)
- Video on website/YouTube
- Led by Mia Lee Cooper, Certified Trainer



Coffee at McDonalds

- McDonalds (170 W Continental Rd, Green Valley)
Every Monday—10:30 am

Group Sharing Meetings



- First Wednesday—1:00 pm
Parkinson's Partners (Zoom)
- Second Wednesday—10:30 am
Women with Parkinson's—Zoom
- Third Wednesday—1:15 pm
In person at Friends in Deed (301 W Cam Casa Verde, Green Valley)
Women with Parkinson's (Room C)
Men with Parkinson's
Parkinson's Partners
- First Wednesday—2:30 pm
Men with Parkinson's—Zoom
- Fourth Wednesday—3:00 pm
Women with Parkinson's—Zoom



Loud Crowd

- Every Thursday—3:30 pm
- Parkinson's Activity Center (555 N La Canada, Green Valley)



Lecture Series

- First Friday—2:00 pm
- Hybrid (In-person and Zoom)
GVR Las Campanas Social Center (565 W Belltower Drive, Green Valley)
- Sept, Oct, Nov, Jan, Feb, Mar



Lunch Bunch

- Fourth Tuesday—1:30 pm (Sept--May)
- Triple Play (1570 W Duval Mine Rd, Green Valley)



Meet & Greet

- Second Tuesday —9:00 am
- Arizona Family Restaurant (80 W Esperanza Blvd, Green Valley)



Nordic Pole Walking

- Every Saturday (October—April)
- Location TBA—9:30 am



Parkinson's Activity Center (PAC)

- (555 N La Canada Dr, Green Valley)
- Resource Library
- Open Monday, Tuesday, Friday
- 1:00—3:30 pm



Ping Pong

- Mon, Tues, Fri—1:00-3:30 pm
(Parkinson's Activity Center)



Readers' Theater

- Every Thursday—2:30 pm
- Parkinson's Activity Center (555 N La Canada, Green Valley)



Weekly Get Together

- Every Thursday—9:00 am
- Posada Java

Additional activities found to be beneficial for PwPs. Available for a fee.

Golf

- Country Club of Green Valley (77 E Paseo de Golf, Green Valley)
- Every Wednesday
- Call Kay (Reservation Desk) at 520.625.8807

Rock Steady Boxing

- Dominate Fitness (630 W Ward Ln, Green Valley)
- Monday, Wednesday, Friday
- 11:30 am—1:00 pm
- Staff evaluation required to participate but observers are welcome

Parkinson's Functional Fitness 4 Life Class

Green Valley Recreation (GVR) offers a class advertised as a training program that includes high intensity interval training, resistance, flexibility, and balance training. The class begins on January 8th. It runs for five weeks meeting on Mondays and Wednesdays, 10:30-11:30 am. The instructors are Lee Smith and Suzanne Polzin. The fee is \$150. Remember that our support group offers exercise assistance, that reimburses up to \$600/year for exercise fees. To register for the class, call Lee Smith at GVR (520-625-0288) or [email lees@gvrec.org](mailto:lees@gvrec.org). **Non-GVR members may also register.**