

February 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat



1 Weekly Get Together 9:00 am
Senior Cardio 11:00 am
Readers Theater 2:30 pm
Loud Crowd 3:30 pm

2 Exercise Class/Video 9:00 am
Rock Steady Boxing* 11:30 am
Lecture 2:00 pm

3 Pole Walking 9:30 am

4

5 Exercise Class/Video 9:00 am
Coffee at McDonald's 10:00 am
Rock Steady Boxing*
Reflexology by appt.
Mahj Jongg 1:30 pm

6 Pole Walking 9:30 am
Senior Cardio 11:00 am
PAC 1:00-3:30 pm

7 Golfing
Exercise Class/Video 9:00 am
Rock Steady Boxing* 11:30 am; 12:30 pm
PD Partners Zoom—1:00 pm
Men with PD Zoom—2:30 pm

8 Weekly Get Together 9:00 am
Senior Cardio 11:00 am
Readers Theater 2:30 pm
Loud Crowd 3:30 pm

9 Exercise Class/Video 9:00 am
Rock Steady Boxing*
Jewelry Care & Inspection 1:30-3:30 pm

10 Pole Walking 9:30 am
Breath & Movement 11:00 am
Vedic Chanting Noon

11

12 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

13 Meet & Greet 9:00 am
Pole Walking 9:30 am
Senior Cardio 11:00 am
PAC 1:00-3:30 pm

14 Golfing
Exercise Class/Video 9:00 am
Women with PD Zoom—10:30 am
Rock Steady Boxing* 11:30 am; 12:30 pm
Book Club Zoom—2:30 pm

15 Weekly Get Together 9:00 am
Senior Cardio 11:00 am
Readers Theater 2:30 pm
Loud Crowd 3:30 pm

16 Exercise Class/Video 9:00 am
Board Meeting 10:30 am
Rock Steady Boxing*
PAC 1:00-3:30 pm
BINGO 1:30 pm

17 Pole Walking 9:30 am
Breath & Movement 11:00 am
Vedic Chanting Noon

18



19 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

20 Pole Walking 9:30 am
Senior Cardio 11:00 am
SACK Class 1:15 pm

21 Golfing
Exercise Class/Video 9:00 am
Rock Steady Boxing* 11:30 am; 12:30 pm
Women with PD
Men with PD
PD Partners
FID—1:15 pm

22 Weekly Get Together 9:00 am
Senior Cardio 11:00 am
Readers Theater 2:30 pm
Loud Crowd 3:30 pm

23 Exercise Class/Video 9:00 am
Rock Steady Boxing*
PAC 1:00-3:30 pm

24 Pole Walking 9:30 am
Breath & Movement 11:00 am
Vedic Chanting Noon

25

26 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

27 Pole Walking 9:30 am
Senior Cardio 11:00 am
PAC 1:00-3:30 pm
Lunch Bunch 1:30 pm

28 Golfing
Exercise Class/Video 9:00 am
Rock Steady Boxing* 11:30 am; 12:30 pm
Women with PD Zoom—3:00 pm

29 Weekly Get Together 9:00 am
Senior Cardio 11:00 am
Readers Theater 2:30 pm
Loud Crowd 3:30 pm

**Activity available to our members that is beneficial for PWP's. May have a fee associated with the activity.*
****All highlighted activities take place at The PAC (555 N La Canada Drive, Green Valley)**