

March 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat



**Activity available to our members that is beneficial for PWWs. May have a fee associated with the activity.*

****All highlighted activities take place at The PAC (555 N La Canada Drive, Green Valley)**

1 Exercise Class/Video 9:00 am
Rock Steady Boxing* 11:30 am
Lecture 1:00 pm

2 Pole Walking 9:30 am
Chair Yoga 11:00 am
Chanting 12:00 pm

3

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

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

6 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

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

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

9 Pole Walking 9:30 am
Chair Yoga 11:00 am
Chanting 12:00 pm

10

11 Exercise Class/Video 9:00 am
Coffee at McDonald's 10:00 am
Rock Steady Boxing*
Reflexology by appt.
Rummikub 1:30-3:00 pm

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

13 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

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

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

16 Pole Walking 9:30 am
Chair Yoga 11:00 am
Chanting 12:00 pm

17

18 Exercise Class/Video 9:00 am
Coffee at McDonald's 10:00 am
Rock Steady Boxing*
Rummikub 1:30 pm

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

20 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

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

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

23 Pole Walking 9:30 am
Chair Yoga 11:00 am
Chanting 12:00 pm

24/31

25 Exercise Class/Video 9:00 am
Coffee at McDonald's 10:00 am
Rock Steady Boxing*
Rummikub 1:30 pm

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

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

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

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

30 Pole Walking 9:30 am
Chair Yoga 11:00 am
Chanting 12:00 pm