




April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* PAC 1:00-3:30 pm Rummikub 1:30 pm	2 Pole Walking 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm 	3 Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am PD Partners Zoom—1:00 pm Men with PD Zoom—2:30 pm	4 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	5 Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am Lecture 2:00 pm	6 Pole Walking 9:30 am Jewelry Appraisal & Care Tips 1:00-3:30 pm	
	7	8 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* PAC 1:00-3:30 pm Rummikub 1:30 pm	9 Meet & Greet 9:00 am Pole Walking 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm	10 Golfing Exercise Class/Video 9:00 am Women with PD Zoom—10:30 am Rock Steady Boxing* 11:30 am Book Club Zoom—2:30 pm	11 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 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 Yoga & Chanting 11:00 am
14	15 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. Rummikub 1:30 pm	16 Pole Walking 9:30 am Senior Cardio 11:00 am SACK Class 1:30 pm	17 Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am Women with PD Men with PD PD Partners FID—1:30 pm	18 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 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 Yoga & Chanting 11:00 am	
21	22 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. Rummikub 1:30 pm	23 Pole Walking 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm Lunch Bunch 1:30 pm	24 Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am Women with PD Zoom—3:00 pm	25 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 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 Yoga & Chanting 11:00 am	
28	29 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. Rummikub 1:30 pm	30 Pole Walking 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm	PARKINSON'S AWARENESS MONTH 				All highlighted activities take place at The PAC (555 N La Canada Drive, Green Valley)