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 Tuesday & Saturday (October— April) Location TBA—9:30 am



Readers' Theater

- Every Thursday—2:15 pm
- Parkinson's Activity Center (555 N La Canada, Green Valley)



Weekly Get Together

- Every Thursday—9:00 am
- Posada Java

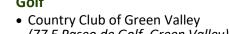
Additional activities found to be beneficial for PwPs. Available for a fee.

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

- GV Athletics
- 11:30 am & 12:30 pm
- Staff evaluation required to participate but

Senior Cardio Boxing

- Parkinson's Activity Center
- Tuesday & Thursday



- (1075 N Bessett Ave, Green Valley)
- Monday, Wednesday, Friday
- observers are welcome
- (555 N La Canada Dr, Green Valley)
- 11:00 am