

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.

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 Sahuarita

- GV Athletics
(1075 N Bessett Ave, Green Valley)
- Monday, Wednesday, Friday
- 11:30 am & 12:30 pm
- Staff evaluation required to participate but observers are welcome

Senior Cardio Boxing

- Parkinson's Activity Center
(555 N La Canada Dr, Green Valley)
- Tuesday & Thursday
- 11:00 am

DEEP THOUGHTS

- Becoming an adult is the dumbest thing I've ever done.
- If you see me talking to myself, just move along. I'm self-employed. We are having a meeting.
- "Your call is very important to us. Please enjoy this 40 minute flute solo"
- Does anyone else have a plastic bag full of plastic bags, or is it just me?
- I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime.

Curt Ackley, Curator