





May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>PARKINSON'S Support Group of Green Valley</p> <p>All highlighted activities take place at The PAC (555 N La Canada Drive, Green Valley)</p>			1 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	2 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	3 Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am Annual Meeting & Luncheon NOON	4 Yoga & Chanting Ping Pong
5 	6 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	7 Senior Cardio 11:00 am PAC 1:00-3:30 pm	8 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	9 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	10 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm	11 Yoga & Chanting Ping Pong
12 	13 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. Rummikub 1:30 pm	14 Meet & Greet 9:00 am Senior Cardio 11:00 am SACK Class 1:30 pm	15 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	16 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	17 Exercise Class/Video 9:00 am Board Meeting 10:30 am Rock Steady Boxing* PAC 1:00-3:30 pm BINGO 1:30 pm	18 Yoga & Chanting Ping Pong
19	20 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. Rummikub 1:30 pm	21 Senior Cardio 11:00 am PAC 1:00-3:30 pm	22 Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am Women with PD Zoom—3:00 pm	23 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	24 Exercise Class/Video 9:00 am Rock Steady Boxing*	25
26 	27 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing*	28 Senior Cardio 11:00 am PAC 1:00-3:30 pm Lunch Bunch 1:30 pm	29 Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am	30 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	31 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm	