

June 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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

1
Meditation & Movement 9:30 am Zoom

Ping Pong 12:00 pm

2

3

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

4

Ping Pong

PAC 1:00-3:30 pm

5

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

6

Weekly Get Together 9:00 am
Readers Theater 2:15 pm

Loud Crowd 3:30 pm

7

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

Potluck 1:00 pm PAC

8

Meditation & Movement 9:30 am Zoom

Ping Pong 12:00 pm

9

10

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

11

Ping Pong

Meet & Greet 9:00 am
PAC 1:00-3:30 pm

12

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

13

Weekly Get Together 9:00 am
Readers Theater 2:15 pm

Loud Crowd 3:30 pm

14

Exercise Class/Video 9:00 am
Rock Steady Boxing*

PAC 1:00-3:30 pm

15

Meditation & Movement 9:30 am Zoom

Ping Pong 12:00 pm

16

Happy FATHER'S Day

17

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

18

Ping Pong

PAC 1:00-3:30 pm
SACK Class 1:30 pm

19

Golfing
Exercise Class/Video 9:00 am
Rock Steady Boxing* 11:30 am
Preparedness Workshop FID—1:30 pm

20

Weekly Get Together 9:00 am
Readers Theater 2:15 pm

Loud Crowd 3:30 pm

21

Exercise Class/Video 9:00 am
Board Meeting 10:30 am
Rock Steady Boxing*

PAC 1:00-3:30 pm
BINGO 1:30 pm

22

Meditation & Movement 9:30 am Zoom

Ping Pong 12:00 pm

23/30

24

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

25

Ping Pong

PAC 1:00-3:30 pm
Lunch Bunch 1:30 pm

COUPLES CELEBRATION 2-4PM

26

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

27

Weekly Get Together 9:00 am
Readers Theater 2:15 pm

Loud Crowd 3:30 pm

29

Exercise Class/Video 9:00 am
Rock Steady Boxing*

PAC 1:00-3:30 pm

29

Meditation & Movement 9:30 am Zoom

Ping Pong 12:00 pm