

August 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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

1 Weekly Get Together 9:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

2 Exercise Class/Video 9:00 am

Rock Steady Boxing* 11:30 am

3 Meditation & Movement 9:30 am Zoom

4

5 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

6

Senior Cardio 11:00 am

Ping Pong

PAC 1:00-3:30 pm

7 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

8 Weekly Get Together 9:00 am

Senior Cardio 11:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

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

Potluck at noon PAC

10 Meditation & Movement 9:30 am Zoom

11

12 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

13

Meet & Greet 9:00 am

Senior Cardio 11:00 am

Ping Pong

PAC 1:00-3:30 pm

14 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

15 Weekly Get Together 9:00 am

Senior Cardio 11:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

16 Exercise Class/Video 9:00 am

Board Meeting 10:30 am
Rock Steady Boxing*

PAC 1:00-3:30 pm

BINGO 1:30 pm

17 Meditation & Movement 9:30 am Zoom

18

19 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

20

Senior Cardio 11:00 am

SACK Class 1:30 pm

Ping Pong

PAC 1:00-3:30 pm

21 Golfing
Exercise Class/Video 9:00 am
Rock Steady Boxing* 11:30 am
PD Paetners, Women with PD, Men with PD FID—1:30 pm

22 Weekly Get Together 9:00 am

Senior Cardio 11:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

23 Exercise Class/Video 9:00 am

Rock Steady Boxing*

PAC 1:00-3:30 pm

24 Meditation & Movement 9:30 am Zoom

25

26 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

27

Lunch Bunch 1:00 pm

Senior Cardio 11:00 am

Ping Pong

PAC 1:00-3:30 pm

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

29 Weekly Get Together 9:00 am

Senior Cardio 11:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

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

PAC 1:00-3:30 pm

31 Meditation & Movement 9:30 am Zoom