

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3 Senior Cardio 11:00 am PAC 1:00-3:30 pm	4 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	5 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	6 Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am PAC 1:00-3:30 pm Noodle Hockey 1:30 pm	7 Meditation & Movement 9:30 am Zoom
8	9 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm Rummikub 1:30- pm	10 Meet & Greet 9:00 am Senior Cardio 11:00 am PAC 1:00-3:30 pm Chicken Foot Dominoes 1:30 pm	11 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	12 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	13 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm BINGO 1:30 pm	14 Meditation & Movement 9:30 am Zoom
15	16 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm Rummikub 1:30- pm	17 Senior Cardio 11:00 am PAC 1:00-3:30 pm SACK Class 1:30 pm	18 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	19 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	20 Exercise Class/Video 9:00 am Board Meeting 10:30 am Rock Steady Boxing* PAC 1:00-3:30 pm Noodle Hockey 1:30 pm	21 Meditation & Movement 9:30 am Zoom
22	23 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm Rummikub 1:30- pm	24 Senior Cardio 11:00 am Lunch Bunch 12:15 pm PAC 1:00-3:30 pm Fun & Games 2:00 pm	25 Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am Women with PD Zoom—3:00 pm	26 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	27 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm BINGO 1:30 pm	28 Meditation & Movement 9:30 am Zoom
29	30 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm Rummikub 1:30- pm	<p style="text-align: center;">P A R K I N S O N ' S Support Group of Green Valley</p> <p style="text-align: center;">Go to www.parkinsons.org for more information</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>All highlighted activities take place at The PAC (555 N La Canada Drive, Green Valley)</p> <p>*Activity available to our members that is beneficial for PWP's. May have a fee associated with the activity.</p> </div>				