

# November 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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

Go to [www.parkinsons.org](http://www.parkinsons.org)  
for more information

1 Exercise Class/Video  
9:00 am  
Rock Steady Boxing  
PAC  
1:00-3:30 pm  
Noodle Hockey  
1:30 pm

2 Moving Day  
9 am—noon  
Reid Park  
Tucson



3

4 Exercise Class/Video  
9:00 am  
Rock Steady Boxing  
PAC  
1:00-3:30 pm  
Rummikub  
1:30- pm

5   
KGVY  
Boomer Fair  
9 am—1 pm  
Senior Cardio  
11:00 am  
PAC  
1:00-3:30 pm

6 Golfing  
Exercise Class/Video  
9:00 am  
Let's Just Dance  
11:00 am  
Rock Steady Boxing  
11:30 am

7 Weekly Get Together  
9:00 am  
Senior Cardio  
11:00 am  
Readers Theater  
2:15 pm  
Loud Crowd  
3:30 pm

8 Exercise Class/Video  
9:00 am  
Rock Steady Boxing  
PAC  
1:00-3:30 pm  
BINGO  
1:30 pm

9 Meditation & Movement  
9:30 am  
Zoom  
Pole Walking  
Sahuarita Lake

10

11 Exercise Class/Video  
9:00 am  
Rock Steady Boxing  
PAC  
1:00-3:30 pm  
Rummikub  
1:30- pm

12 Meet & Greet  
9:00 am  
Senior Cardio  
11:00 am  
PAC  
1:00-3:30 pm  
Chicken Foot Dominoes  
1:30 pm

13 Golfing  
Exercise Class/Video  
9:00 am  
Let's Just Dance  
11:00 am  
Women with PD  
Zoom—10:30 am  
Rock Steady Boxing  
11:30 am  
Book Club  
Zoom—2:30 pm

14 Weekly Get Together  
9:00 am  
Senior Cardio  
11:00 am  
Readers Theater  
2:15 pm  
Loud Crowd  
3:30 pm

15 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

16 Meditation & Movement  
9:30 am  
Zoom

17

18 Exercise Class/Video  
9:00 am  
Rock Steady Boxing  
Reflexology  
1:00-3:00 pm  
PAC  
1:00-3:30 pm  
Rummikub  
1:30- pm

19 Senior Cardio  
11:00 am  
PAC  
1:00-3:30 pm  
SACK Class  
1:30 pm

20 Golfing  
Exercise Class/Video  
9:00 am  
Let's Just Dance  
11:00 am  
Rock Steady Boxing  
11:30 am  
Men/Women with PD  
Group Sharing  
FID—1:30 pm

21 Weekly Get Together  
9:00 am  
Senior Cardio  
11:00 am  
Readers Theater  
2:15 pm  
Loud Crowd  
3:30 pm

22 Exercise Class/Video  
9:00 am  
Rock Steady Boxing  
PAC  
1:00-3:30 pm  
BINGO  
1:30 pm

23 Meditation & Movement  
9:30 am  
Zoom

24

25 Exercise Class/Video  
9:00 am  
Rock Steady Boxing  
Reflexology  
1:00-3:00 pm  
PAC  
1:00-3:30 pm  
Rummikub  
1:30- pm

26 Senior Cardio  
11:00 am  
Lunch Bunch  
12:00 pm  
PAC  
1:00-3:30 pm  
Fun & Games  
1:30 pm

27 Golfing  
Exercise Class/Video  
9:00 am  
Let's Just Dance  
11:00 am  
Rock Steady Boxing  
11:30 am  
Women with PD  
Zoom—3:00 pm

28   
HAPPY  
THANKSGIVING  
PAC  
Closed

29 Exercise Class/Video  
9:00 am  
Rock Steady Boxing  
PAC  
Closed

30 Meditation & Movement  
9:30 am  
Zoom  
PAC  
Closed