

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>PARKINSON'S Support Group of Green Valley</p> <p>Go to www.parkinsons.org for more information</p> <p>All highlighted activities take place at the PAC (555 N La Canada Drive, Green Valley)</p>			<p>1</p> 	<p>2</p> <p>Weekly Get Together 9:00 am</p>	<p>3</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p>	<p>4</p> <p>Meditation & Movement 9:30 am Zoom</p> <p>Pole Walking Canoa Ranch Lake 10:30 am</p>
<p>5</p>	<p>6</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p> <p>PAC 1:00-3:30 pm</p> <p>Rummikub 1:30- pm</p>	<p>7</p> <p>Pole Walking Sahuarita Lake 10:30 am</p> <p>PAC 1:00-3:30 pm</p>	<p>8</p> <p>Golfing</p> <p>Exercise Class/Video 9 am</p> <p>Women with PD Zoom—10:30 am</p> <p>Rock Steady Boxing 11:30 am</p> <p>Reflexology 1:00 pm</p> <p>Book Club Zoom—2:30 pm</p>	<p>9</p> <p>Weekly Get Together 9:00 am</p> <p>Readers Theater 2:15 pm</p> <p>Loud Crowd 3:30 pm</p>	<p>10</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p>	<p>11</p> <p>Meditation & Movement 9:30 am Zoom</p> <p>Pole Walking Canoa Ranch Lake 10:30 am</p>
<p>12</p>	<p>13</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p> <p>Reflexology 1:00-3:00 pm</p> <p>PAC 1:00-3:30 pm</p> <p>Rummikub 1:30- pm</p>	<p>14</p> <p>Meet & Greet 9:00 am</p> <p>Pole Walking Sahuarita Lake 10:30 am</p> <p>Senior Cardio 11:00 am</p> <p>PAC 1:00-3:30 pm</p> <p>Chicken Foot Dominoes 1:30 pm</p>	<p>15</p> <p>Golfing</p> <p>Exercise Class/Video 9:00 am</p> <p>Let's Just Dance 11:00 am</p> <p>Rock Steady Boxing 11:30 am</p> <p>Group Sharing Meeting FID—1:30 pm</p>	<p>16</p> <p>Weekly Get Together 9:00 am</p> <p>Senior Cardio 11:00 am</p> <p>Readers Theater 2:15 pm</p> <p>Loud Crowd 3:30 pm</p>	<p>17</p> <p>Exercise Class/Video 9:00 am</p> <p>Board Meeting 10:30 am</p> <p>Rock Steady Boxing</p>	<p>18</p> <p>Meditation & Movement 9:30 am Zoom</p> <p>Pole Walking Canoa Lake 10:30 am</p>
<p>19</p>	<p>20</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p> <p>Reflexology 1:00-3:00 pm</p> <p>PAC 1:00-3:30 pm</p> <p>Rummikub 1:30- pm</p>	<p>21</p> <p>Pole Walking Sahuarita Lake 10:30 am</p> <p>Senior Cardio 11:00 am</p> <p>PAC 1:00-3:30 pm</p> <p>SACK Class 1:30 pm</p>	<p>22</p> <p>Golfing</p> <p>Exercise Class/Video 9:00 am</p> <p>Let's Just Dance 11:00 am</p> <p>Rock Steady Boxing 11:30 am</p> <p>Women with PD Zoom—3:00 pm</p>	<p>23</p> <p>Weekly Get Together 9:00 am</p> <p>Senior Cardio 11:00 am</p> <p>Readers Theater 2:15 pm</p> <p>Loud Crowd 3:30 pm</p>	<p>24</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p>	<p>25</p> <p>Meditation & Movement 9:30 am Zoom</p> <p>Pole Walking Canoa Lake 10:30 am</p>
<p>26</p>	<p>27</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p> <p>Reflexology 1:00-3:00 pm</p> <p>PAC 1:00-3:30 pm</p> <p>Rummikub 1:30- pm</p>	<p>28</p> <p>Pole Walking Sahuarita Lake 10:30 am</p> <p>Senior Cardio 11:00 am</p> <p>Lunch Bunch 12:00 pm</p> <p>PAC 1:00-3:30 pm</p>	<p>29</p> <p>Golfing</p> <p>Exercise Class/Video 9:00 am</p> <p>Let's Just Dance 11:00 am</p> <p>Rock Steady Boxing 11:30 am</p>	<p>30</p> <p>Weekly Get Together 9:00 am</p> <p>Senior Cardio 11:00 am</p> <p>Readers Theater 2:15 pm</p> <p>Loud Crowd 3:30 pm</p>	<p>31</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p>	