

February 2025

Sun

Mon

Tue

Wed

Thu

Fri

Sat



Go to www.gvparkinsons.org
for more information

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

1
Meditation & Movement 9:00 am Zoom
Pole Walking Canoa Ranch Lake 10:30 am

2

3 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

4 Pole Walking Sahuarita Lake 10:30 am
Senior Cardio 11:00 am
PAC 1:00-3:30 pm

5 Golfing Exercise Class & Video 9:00 am
Women with PD Zoom—10:30 am
Rock Steady Boxing 11:30 am

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
SACK Class 1:30 pm

8 Meditation & Movement 9:00 am Zoom
Pole Walking Canoa Ranch Lake 10:30 am

9

10 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

11 Meet & Greet 9:00 am
Pole Walking Sahuarita Lake 10:30 am
Senior Cardio 11:00 am
PAC 1:00-3:30 pm
Coloring & UNO 1:30 pm

12 Golfing Exercise Class & Video 9:00 am
Let's Just Dance 11:00 am
Rock Steady Boxing 11:30 am
Book Club Zoom—2:30 pm

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

14 
Exercise Class & Video 9:00 am
Rock Steady Boxing 11:30 am

15 Meditation & Movement 9:00 am Zoom
Pole Walking Canoa Ranch Lake 10:30 am

16

17 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

18 Pole Walking Sahuarita Lake 10:30 am
Senior Cardio 11:00 am
PAC 1:00-3:30 pm
SACK Class 1:30 pm

19 Golfing Exercise Class & Video 9:00 am
Let's Just Dance 11:00 am
Rock Steady Boxing 11:30 am
Group Sharing Meeting FID—1:30 pm

20 Weekly Get Together 9:00 am
Senior Cardio 11:00 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 11:30 am

22 Meditation & Movement 9:00 am Zoom
Pole Walking Canoa Ranch Lake 10:30 am

23

24 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

25 Pole Walking Sahuarita Lake 10:30 am
Senior Cardio 11:00 am
Lunch Bunch 12:00 pm
PAC 1:00-3:30 pm

26 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

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

28 Exercise Class & Video 9:00 am
Rock Steady Boxing 11:30 am