

March 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
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
Rock Steady Boxing 11:30 am

6
Weekly Get Together 9:00 am
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
Rock Steady Boxing
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
UNO 1:30 pm
Book Club Zoom—4:30 pm

12
Golfing
Exercise Class & Video 9:00 am
Women with PD Zoom—10:30 am
Rock Steady Boxing 11:30 am

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
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
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
SOLO 4:15 pm
30

24/31
Exercise Class & Video 9:00 am
Rock Steady Boxing
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
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
Volunteer Appreciation 4:00 pm

29
Meditation & Movement 9:00 am Zoom
Pole Walking Canoa Ranch Lake 10:30 am