

May 2025

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