


June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	3 Senior Cardio 11:00 am PAC 1:30-2:30 pm	4 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am	5 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	6 Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am POTLUCK 1:00 pm	7
8	9 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	10 Meet & Greet 9:00 am Senior Cardio 11:00 am PAC 1:30-2:30 pm Book Club Zoom—4:30 pm	11 Golfing Exercise Class & Video 9:00 am Women with PD Zoom—10:30 am Rock Steady Boxing 11:30 am	12 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	13 Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am	14
15	16 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	17 Senior Cardio 11:00 am PAC 1:30-2:30 pm SACK Class 1:30 pm	18 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Group Sharing Meeting FID—1:30 pm	19 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	20 Exercise Class & Video 9:00 am Board Meeting 10:30 am Rock Steady Boxing 11:30 am	21
22	23 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	24 Senior Cardio 11:00 am Lunch Bunch 12:15 pm PAC 1:30-2:30 pm	25 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Women with PD Zoom—3:00 pm	26 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	27 Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am	28
29	30 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	<p style="text-align: center;">  P A R K I N S O N ' S Support Group of Green Valley Go to www.gvparkinsons.org for more information All highlighted activities take place at the Parkinson's Activity Center (555 N La Canada Drive, Green Valley) </p>				