

# July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>PARKINSON'S</b> <b>Support Group</b> <i>of Green Valley</i>  Go to <a href="http://www.gvparkinsons.org">www.gvparkinsons.org</a> for more information		<b>1</b> Senior Cardio 11:00 am  PAC 1:00-2:00 pm	<b>2</b> Golfing Exercise Class & Video 9:00 am  Rock Steady Boxing 11:30 am	<b>3</b> Weekly Get Together 9:00 am  Senior Cardio 11:00 am  Readers Theater 2:15 pm  Loud Crowd 3:30 pm	<b>4</b>  <b>HAPPY 4TH OF JULY</b>	<b>5</b>
<b>6</b>	<b>7</b> Exercise Class & Video 9:00 am  Rock Steady Boxing  PAC 1:00-3:30 pm	<b>8</b> Senior Cardio 11:00 am  PAC 1:00-2:00 pm  Book Club Zoom—3:30 pm	<b>9</b> Golfing Exercise Class & Video 9:00 am  Women with PD Zoom—10:30 am  Rock Steady Boxing 11:30 am	<b>10</b> Weekly Get Together 9:00 am  Senior Cardio 11:00 am  Readers Theater 2:15 pm  Loud Crowd 3:30 pm	<b>11</b> Exercise Class & Video 9:00 am  Rock Steady Boxing 11:30 am	<b>12</b>
<b>13</b>	<b>14</b> Exercise Class & Video 9:00 am  Rock Steady Boxing  PAC 1:00-3:30 pm	<b>15</b> Senior Cardio 11:00 am  PAC 1:00-2:00 pm  SACK Class 1:30 pm	<b>16</b> Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Group Sharing Meeting FID—1:30 pm PD Presentation Rancho Resort 6:00 pm	<b>17</b> Weekly Get Together 9:00 am  Senior Cardio 11:00 am  Readers Theater 2:15 pm  Loud Crowd 3:30 pm	<b>18</b> Exercise Class & Video 9:00 am  Board Meeting 10:30 am  Rock Steady Boxing 11:30 am	<b>19</b>
<b>20</b>	<b>21</b> Exercise Class & Video 9:00 am  Rock Steady Boxing  PAC 1:00-3:30 pm	<b>22</b> Senior Cardio 11:00 am  Lunch Bunch 12:15 pm  PAC 1:00-2:00 pm	<b>23</b> Golfing Exercise Class & Video 9:00 am  Rock Steady Boxing 11:30 am  Women with PD Zoom—3:00 pm	<b>24</b> Weekly Get Together 9:00 am  Senior Cardio 11:00 am  Readers Theater 2:15 pm  Loud Crowd 3:30 pm	<b>25</b> Exercise Class & Video 9:00 am  Rock Steady Boxing 11:30 am	<b>26</b>
<b>27</b>	<b>28</b> Exercise Class & Video 9:00 am  Rock Steady Boxing  PAC 1:00-3:30 pm	<b>29</b> Senior Cardio 11:00 am  PAC 1:00-2:00 pm	<b>30</b> Golfing Exercise Class & Video 9:00 am  Rock Steady Boxing 11:30 am	<b>31</b> Weekly Get Together 9:00 am  Senior Cardio 11:00 am  Readers Theater 2:15 pm  Loud Crowd 3:30 pm	<b>All highlighted activities            take place at the            Parkinson's Activity Center            (555 N La Canada Drive,            Green Valley)</b>	