

# September 2025

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