

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 All highlighted activities take place at the Parkinson's Activity Center (555 N La Canada Drive, Green Valley)			1 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am	2 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	3 Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am PAC 1:00-3:30 pm	4 Pole Walking Historic Canoa Ranch 9:00 am
5	6 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	7 Pole Walking Sahuarita Lake 9:00 am Senior Cardio PAC 1:00-3:30 pm	8 Golfing Exercise Class & Video 9:00 am Women with PD Zoom—10:30 am Rock Steady Boxing 11:30 am	9 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	10 Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am PAC 1:00-3:30 pm	11 Pole Walking Historic Canoa Ranch 9:00 am
12	13 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	14 Pole Walking Sahuarita Lake 9:00 am Senior Cardio 11:00 am PAC 1:00-3:30 pm Book Club Zoom—3:30 pm	15 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Group Sharing Meeting FID—1:30 pm	16 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	17 Exercise Class & Video 9:00 am Board Meeting 10:30 am Rock Steady Boxing 11:30 am PAC 1:00-3:30 pm	18 Pole Walking Historic Canoa Ranch 9:00 am Parkinson's Sleep & Me Tucson 1-4 pm Registration Required
19	20 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	21 Pole Walking Sahuarita Lake 9:00 am Senior Cardio 11:00 am PAC 1:00-3:30 pm SACK Class 1:30 pm	22 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Women with PD Zoom—3:00 pm	23 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	24 Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am PAC 1:00-3:30 pm	25 MOVING DAY REID PARK Pole Walking Historic Canoa Ranch 9:00 am
26	27 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	28 Pole Walking Sahuarita Lake 9:00 am Senior Cardio 11:00 am Lunch Bunch 12:15 pm Birthday Celebration 1:15 pm	29 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am	30 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	31 Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am PAC 1:00-3:30 pm	